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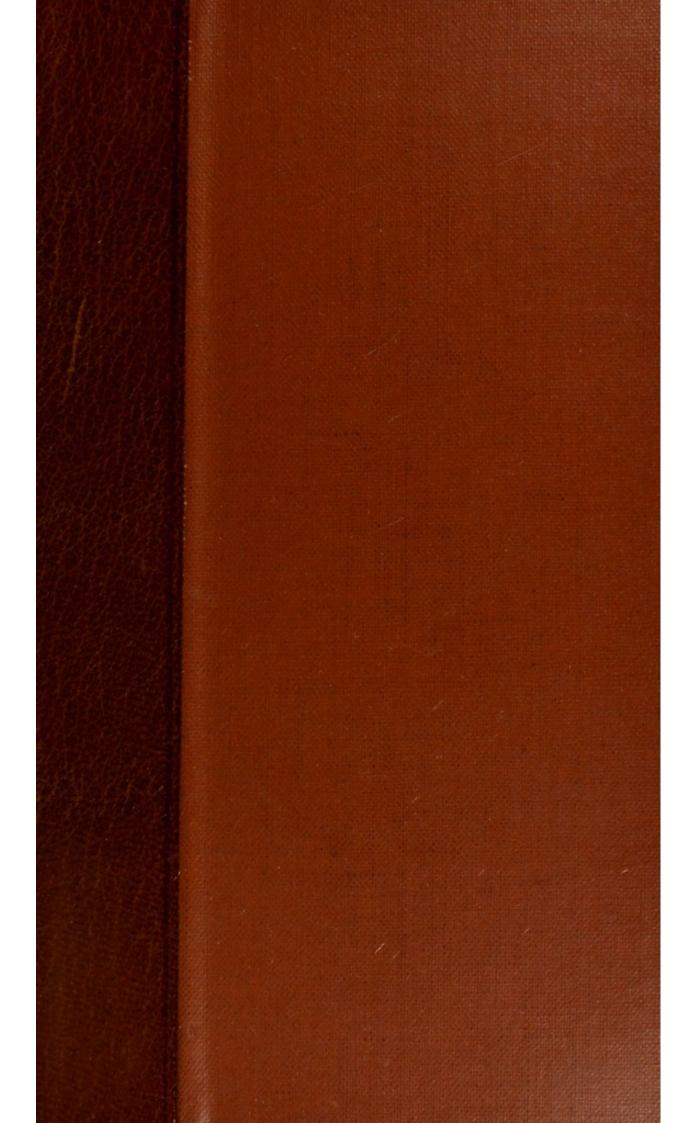
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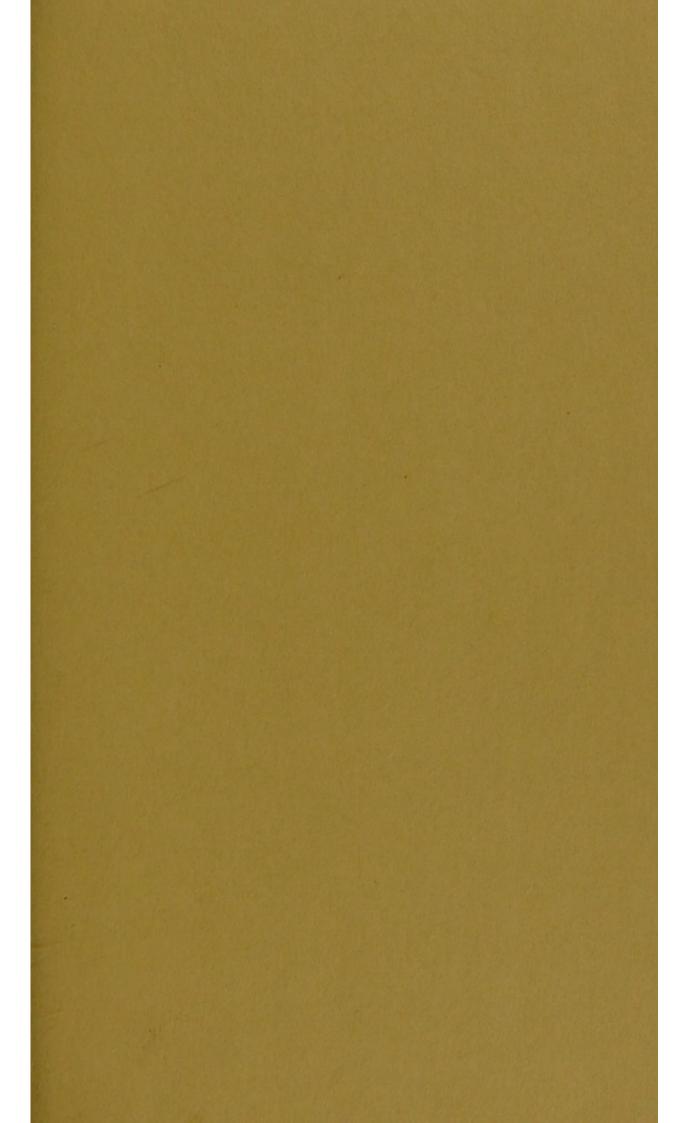
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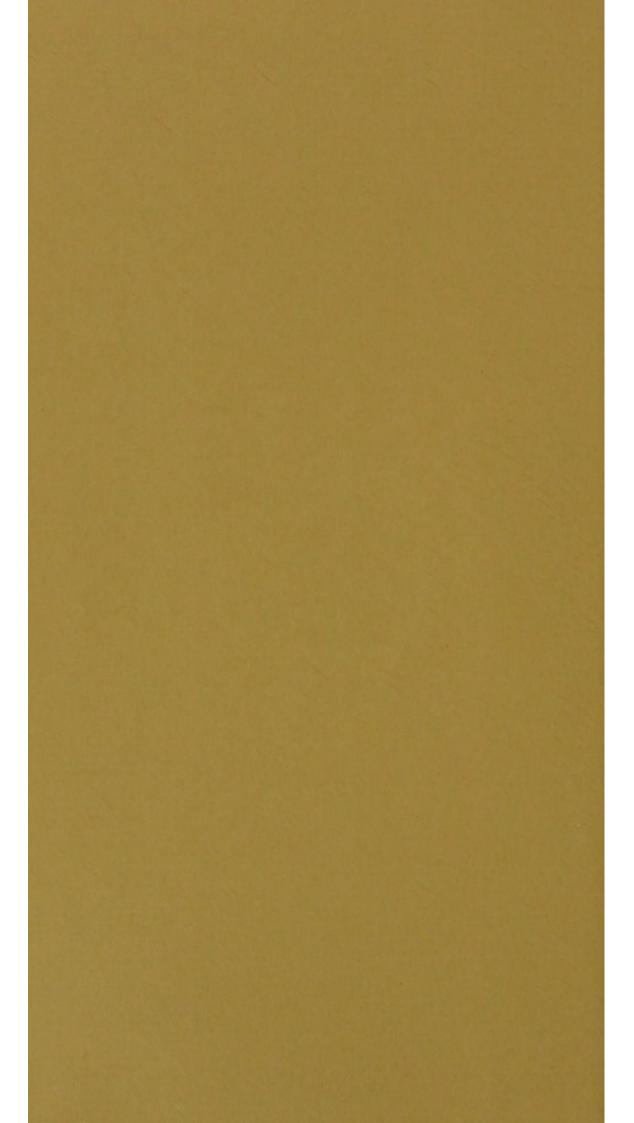


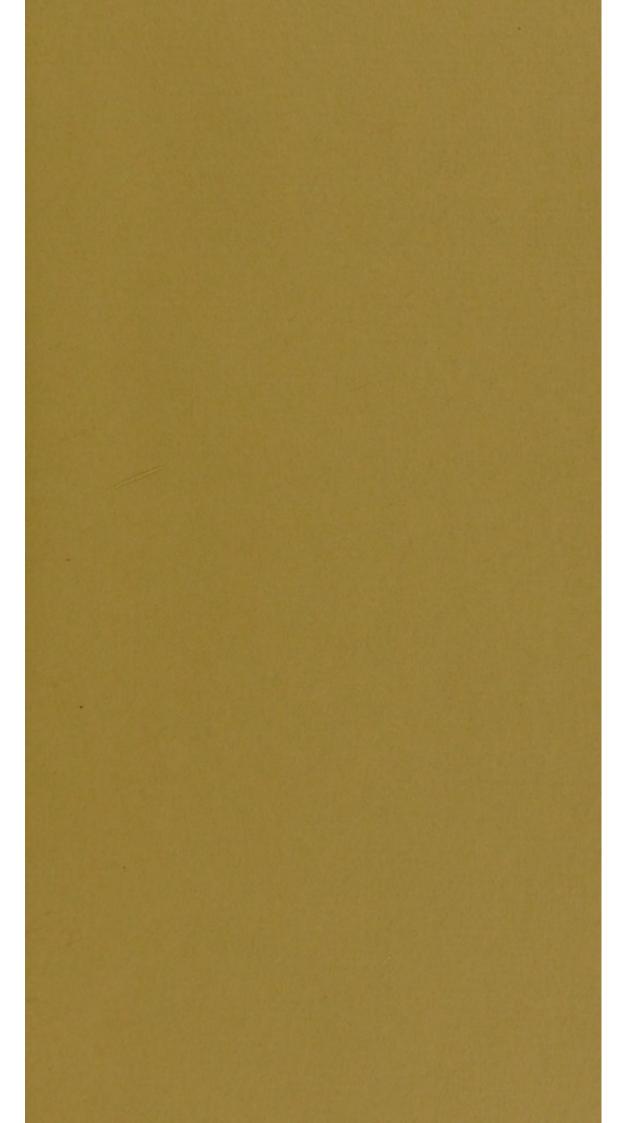
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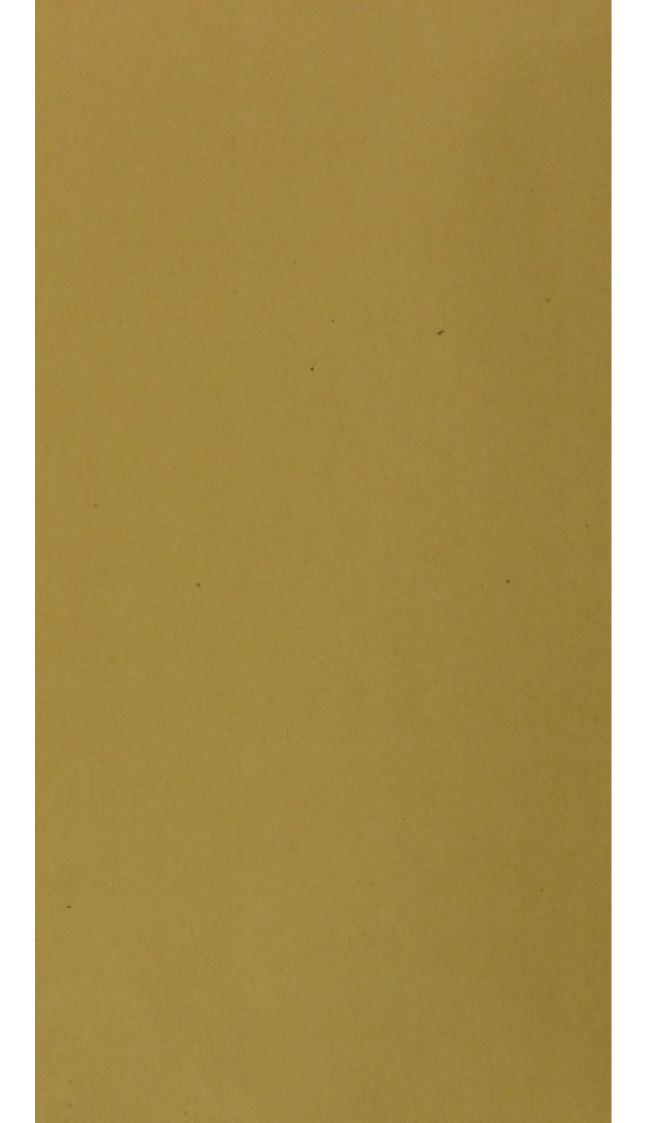


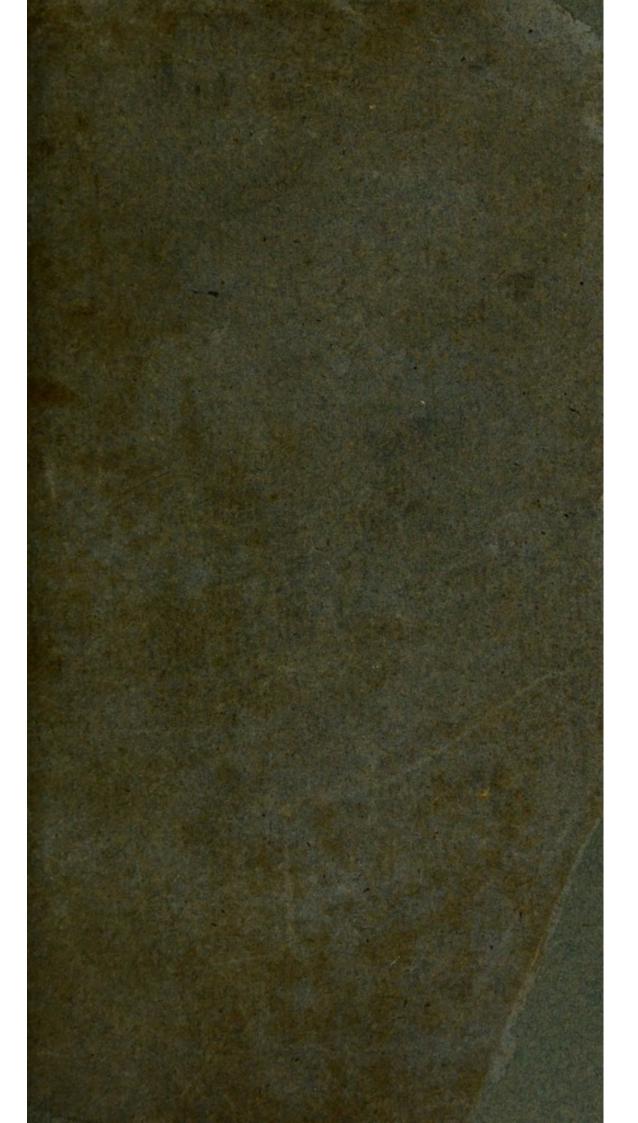
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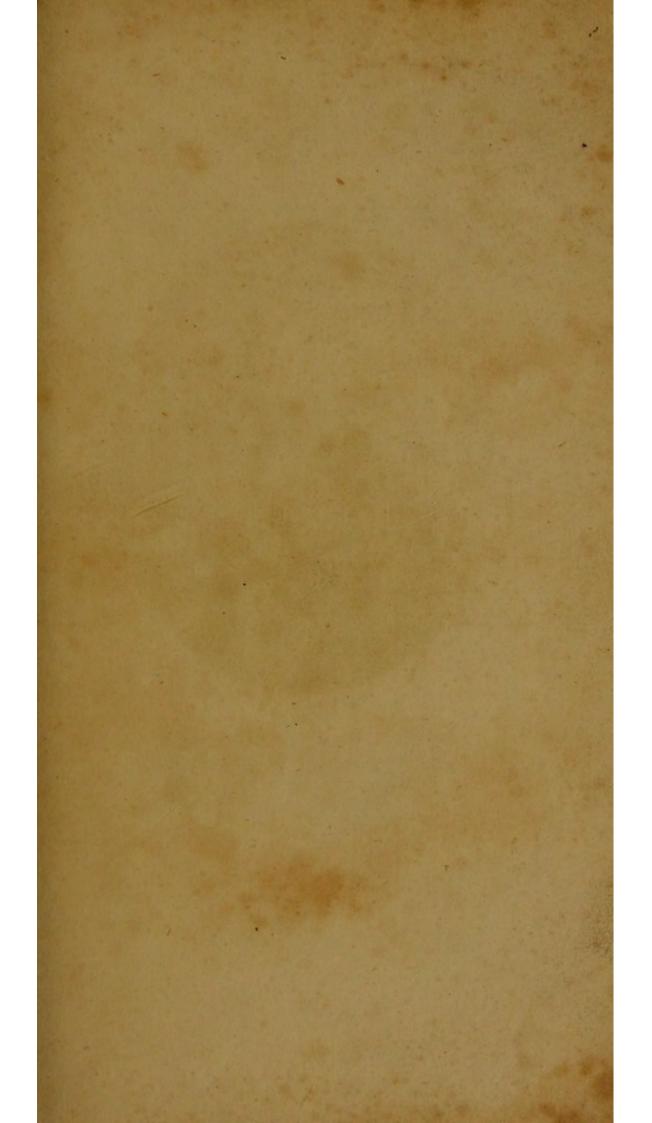


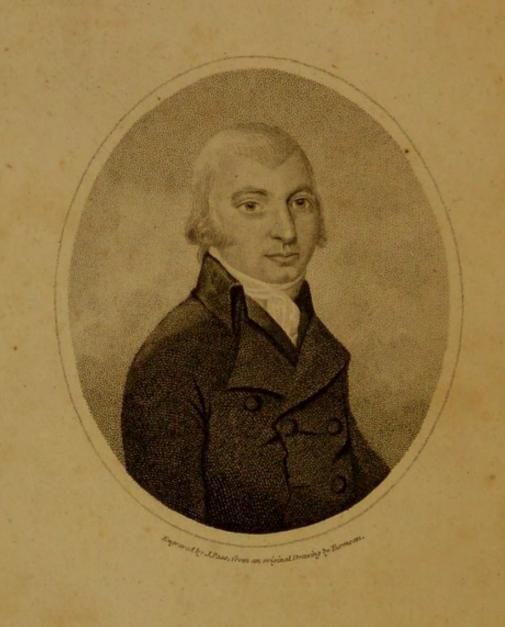




[1800]

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SAMUEL SOLOMON.M.D.

A

# GUIDE TO HEALTH;

or,

## ADVICE TO BOTH SEXES:

with

### AN ESSAY

On a certain Disease, Seminat Weakness,

and

A bestzuctive Wabit of a private Matuze.

ALSO AN ADDRESS

To Parents, Tutors & Guardians of Youth.

To which are added.

## **OBSERVATIONS**

on the

Use & Abuse of Cold Bathing.

------

BY S. SOLOMON, M.D.

\*\*\*\*\*\*\*\*\*

Fifty-second Edition.



Printed, for the Author, by J. Clarke, 21, Underbank;
and sold in London by
MATHEWS, 18, STRAND, AND SYMONDS, PATERNOSTER-ROW;
and by all the Booksellers in
GREAT-BRITAIN, IRELAND, AND AMERICA.

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GUIDE TO HEMITHE

HISTORICAL MEDICAL MEDICAL MEDICAL



THE GUIDE TO HEALTH having already passed through sifty-one editions, and still continuing to sell with unprecedented rapidity, precludes the necessity of apologizing for the re-publication of a work, which has been found so extensively useful.

In this edition I have inferted many new obfervations of eminent medical men, which I am proud to acknowledge. I fcorn the man who attributes to himself what he owes to another\*.

By this "GUIDE", the patient is not only led to behold the true picture of his disorder, whether

The author's publications have been frequently copied by those who are not able to write for themselves. Many years' extensive practice, great labour, and close application, has enabled him to obtain that considence with the public, which it is his ambition to preserve through life; and he wishes by no means to deprive any person of the reward due to his merit,

hereditary or accidental, chronical or acute; but also to the direct and obvious road to obtain a speedy and permanent cure.

Nervous complaints, now so prevalent in Europe, have had a very considerable share of my attention; and those who are unfortunately afflicted with this distressing malady, will, I slatter myself, find this treatise not inferior to many that have yet been published.

The TENDER FEMALE, who by nature is destined to be the preserver of the human race, is alas! liable to many natural indispositions, that render her condition truly wretched and unequal, when compared to the male. For in whatever situation of life she is placed, she seldom enjoys a perfect state of health. If she enters into the wedded state, even from that source of pleasure something bitter arises; and pregnancy trings with it a train of loathing, sickness, &c. If she remains single, she will scarcely be able to avoid labouring under some infirmity, because she is "a stranger to a mother's pangs".

What then can be of more importance to a female, than to be properly acquainted with every

provided he builds upon his own foundation, and does not basely attempt to ascend the pinnacle of same by climbing the tower which he has erected. fymptom to which she is peculiarly liable; and how to conduct herself in all such circumstances, without wounding her delicacy by a disclosure of her fears, or her apprehensions, to the rude scrutiny of pretended friends!

Youth who have unguardedly plunged themfelves into licentious love, and feel the dreadful
consequences of an impure embrace, (or, what
is still more dreadful, injudicious treatment of a
complaint, which has too many illiterate pretenders to cure), will find a faithful Guide to
Health, and Happiness too, in the perusal of
the following sheets.

Those who are unfortunately emaciated, and labour under a continual drain of nature, whereby their bodily strength is not only exhausted but also their vigour and vivacity impaired, will meet with a friendly monitor in this small, though important, publication.

Young people of either sex, who have unfortunately given way to a delusive, secret, and destructive vice, injured their health, and destroyed their constitutions, will meet with a "Balm of Consolation", in perusing the mode of cure laid down in this small tract.

To the valetudinarian by birth, who has received from his parents the inheritance of a diseased and unprolific frame; the delicate female, whom an immured and inactive life, together with the immoderate use of tea, and other weak and watery aliments, has, without any fault of her's, brought on all the calamitous symptoms of a consumptive habit, and are, without timely assistance, sinking into an untimely grave! the remedies here recommended will afford the most permanent relief, and bestow (under Divine influence) all the comforts of life, which, without HEALTH, is not worth enjoying.

Whatever is recommended is according to the dictates of my judgement, and I am happy to acknowledge the affiftance I have derived from eminent medical men, to whose labours I am much indebted: they have tried the remedies prescribed as well as myself, and have not been AFRAID or ASHAMED to acknowledge their salutary and powerful efficacy; and, as I always considered myself at liberty to adopt what I conceived to be the TRUTH, and reject what appeared to be wrong, I have the consolation to reslect that I have not advanced any theory, which I have not myself reduced to PRACTICE.

I do not feek for FAME; I aim at truth, and to make myself useful to my sellow-creatures: for, "human nature is burthened with innumerable evils—every man ought to lend a hand, to lessen the dreadful aggregate".

Deeply as I am impressed with the most lively sense of gratitude, for the distinguished patronage with which my feeble endeavours in the cause of humanity have, for a series of years, been fo amply rewarded by a large portion of my countrymen; I must not, however, flatter myself, that. any personal consideration entered into the motives of preference to which this publication owes its present reputation, nor even to the circumstance of its being offered to the public by a person regularly bred to the Art of Physic, who, when practical knowledge qualified him to attend with advantage the medical lessons of the University, took out his Degree: I cannot imagine that any confideration of this fort decided the public with regard to my "GUIDE TO HEALTH". I am fatisfied that it is owing to the merits of that inestimable Medicine, the CORDIAL BALM OF GILEAD, the preparation of which I have had the happiness to discover, and which has been by rapid advances introduced into universal use and request. Still, however, as the good effects of the public predilection have redounded to me; to me the pleafing office belongs of making, as I hereby do, my best acknowledgements for the many testimonies of approbation I have received. Conscious that I always endeavoured to contribute to the welfare of fociety, I

am happy in having succeeded so well as I am led to think I have, from the very great marks of attention paid to me from persons of the greatest rank and respectability, with whom I previously had not the least acquaintance.

S. SOLOMON.

Solomon's Place, Liverpool.





## INTRODUCTION

TO THE

Fifty-second Edition.

000000cc

This book being calculated for private individuals, there is no one in the English language that will be of more real use to them. Safe and certain medicines are here recommended on that strong basis, Experience. To offer an inefficacious remedy, would betray not only a want of common sense, but common honesty too. Those, therefore, who use the medicines I have recommended, will affuredly find relief, without the least possible disadvantage. I have, with unremitting sedulity, made such alterations and additions in this work, as the most extensive experience could dictate: an experience, aided by the advantage of as successful a practice as any physician in Europe.

I cannot think that it is in my power to pay those friends who have honoured me with their considence and partiality, too great a compliment: my heart is penetrated with gratitude, and I hope the exultation is noways culpable that springs from the reslection, that none have reason to repent of the considence reposed in me.

A judicious writer very properly remarks, that to afcertain the probable effects of any remedy, it is certainly necessary that the strictest attention should be paid to its preparation, and that the proportionate doses thereof should be most accurately known. If so, to whom shall we apply with greater hope of relief than to those, who make the preparation of one particular Medicine their sole enquiry, the pillar of their fame, and perhaps the great means of their support?

be obtained by much perseverance, is not to be denied; nor is it to be denied, that in this age, the gates of knowledge are open to all men, or that those who shall most sedulously apply themselves will acquire the largest store. Happy it is for this country, that every science is open to every one who shall choose to explore it: and thrice happy are its people, that the STUDY OF PHYSIC is not restrained to those alone, who have

passed through various ceremonies;\* for to their freedom of restraint may we, perhaps, impute the unrivalled skill of that celebrated DIVINE, + who has restored the most amiable of ment from a malady the most affecting in the catalogue of human

infirmities.§

There is a very important observation to be made respecting a public medicine, that unless its operation be gentle, safe, and efficacious, it must, and will speedily sink into oblivion; for as it has rarely the great advantage of a persuasive advocate at the ear of the patient, so nothing but his conviction of its virtues, by its salutary effects, can induce him to persevere; and yet reasonable perseverance is certainly most requisite to enable even the Happiest combination of chemicals and galenicals to root out Chronic diseases, and restore the valetudinarian to health.

"SILENCE were, perhaps, the best remedy to that shaft, which is hourly let sly from the bows of the interested and malevolent, against public medicines, viz. that "they are advertised remedies!" but as this weak reed appears to be the favorite of their quiver, a few words may be

The Author has however the advantage, if any advantage is to be claimed, i.e. that of having regularly graduated.

<sup>†</sup> Dr. Willis. ‡ His Majesty.

<sup>§</sup> Hypochondriac, or mental affection.

thought requifite.-It requires the strongest conviction of their intrinsic worth and physical excellence, by long and great experience, to induce an inventor or proprietor of any medicine to incur the serious and certain expense of making it known by ADVERTISEMENTS; an expense of no less than FIVE THOUSAND POUNDS annually to Dr. Solomon, and which a very great and general demand can alone defray, and which nothing short of fatuity could induce any one to enter upon without fuch previous conviction; for it were of small avail to enter upon the talk and expence of making known that remedy, whose merit will not support its character when known. No advantage can possibly be derived; but, on the contrary, the close of it must be marked by great loss of money, and time illapplied. It cannot be prefumed that the mode of making known the virtues of a medicine, through the medium of a Newspaper, is even improper, much less disgraceful. If the REMEDY be of su-PERIOR EFFICACY, it becomes a duty to the public\*, and to himself, that the inventor or proprietor do make it as generally known as possible; and it must not be argued that the MEDICINE is debased, by the channel through which fociety are made

<sup>\* &</sup>quot;He who withholds a remedy from the afflicted is in fact guilty of murder".

acquainted with it, fo long as the most refined and most powerful Courts in Europe address themfelves to their people and to the world by means of the Printing Press: yet is it not a truth, that many an unhappy victim of disease has been dissuaded, nay, even refused the use of medicines, which might have been ministered to his relief, perhaps his cure, solely because their uses and properties had been set forth in a Newspaper? as if their esseand been diminished or destroyed by being declared through that organ which Kings are proud to speak by, and which, properly and justly employed, must ever produce the most important and substantial blessings to manking!

"There is one Admonition highly necesfary:— it is this; that persons taking medicines, should pay the most implicit regard to the directions given therewith, and in particular to conform in eating, drinking, &c. for unless the patient will render his own affishance towards the operation of the REMEDY, its efficacy must certainly be weakened, and often retarded, if not totally destroyed: Science may, and does teach one how to prepare and apply the Productions of Nature for her aid against Disease; but surely it is not in the power of all the medical men in Europe to devise a Specific for inconsiderate carelessness". Reader, farewell! I have now done my duty; and rest assured, that the most exalted and refined felicity springs from the unwearied endeavours to lessen the evils of life, and add to the enjoyment of your sellow-creatures.



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A

GUIDE TO HEALTH.

GUIDE TO HEALTH.



# GUIDE TO HEALTH.

# PART I.

ON NERVOUS AND HYPOCHONDRIAC COMPLAINTS,
LOWNESS OF SPIRITS, ETC.

As nervous and hypochondriac complaints are much more prevalent in Europe than is generally imagined, and attended with many dreadful and alarming symptoms, which certainly claim our pity and our assistance, not as is too generally the case, derision or contempt: I have therefore been very attentive to their method of cure, and hope the following will prove as good a Treatise on those diseases, as any extant.

Under the denomination of nervous disorders, in its full extent, are included several diseases of the most dangerous kind, and are so various that a volume would hardly suffice to complete a description of them. The most common symptoms are weakness, flatulence, palpitations, watchfulness, drowsiness after eating, timidity, flashes of heat and cold, numbness, cramps in different parts, giddiness, pains, (especially of the head, back and loins), hickup, difficulty of respiration and deglutition, anxiety, dry cough, &c. &c.

One symptom is distinguished by no name, and of which it is impossible to form any adequate conception. It is described as making its attacks by violent paroxysms, which are, however, usually preceded by portentous indications like brooding of a furious storm. It pervades with its baleful influence the whole nervous system, writhing the heart with inexpressible anguish, and exciting the most dreadful suggestions of horror and despair! To this demon have thousands fallen a sacrifice in the direful transports of its rage.

Nervous, or, as generally termed, hypochondriac disorders, are such distempers of the human frame, which arise from some imperfection or discomposure of the nervous system; and are attended with such a train of symptoms, that it is a difficult task to enumerate them all: for there is no function or part of the body that is not sooner or later a sufferer by its tyranny. They imitate almost every disease, and are

seldom alike in two different persons, or even in the same person at different times. They are continually changing shape, and upon every fresh attack the patient thinks he feels symptoms which he never experienced before. Nor do they only affect the body; the mind likewise suffers, and is often thereby rendered extremely weak and peevish. The lowness of spirits, timorousness, melancholy, and fickleness of temper which generally attend nervous disorders, induce many to believe that they are entirely diseases of the mind; but this change of temper is rather a consequence than the cause of the complaint.

Nervous disorders usually attend a sedentary life. Want of exercise enervates the body, and subjects the patient to all those diseases which depend upon too great delicacy and sensibility of the moving fibre. Though men of genius are more liable to disorders of the nerves, the mercantile part of the world are not exempt from them. Genius often throws the nerves into convulsions, but attention naturally numbs their faculties. Nervous diseases are generally attended with a palpitation of the heart, fluttering and trembling of the limbs, and a shortness of breath after the least exercise; the patient is affected with joy, and sometimes grief without a cause; flying pains in the head also attend this disorder, often violent but not lasting; sleepless nights with a wandering and violent imagination, are its proper and peculiar attendants. In the extreme degree of this disease the symptoms increase in violence, and each assumes the name of a distinct

disorder. The symptoms are brought on, and increased, by a variety of causes; among which the following are the most general: Excess of grief or pleasure—leading a studious or sedentary life—the horrid practice of a secret and destructive vice—use of tea, coffee, ardent spirits, as well as long residence in hot climates.

Nervous diseases render the memory less prompt, and show a particular tendency to affect the imagination; in such a degree, at least, that the mind is more exposed to the transient impression of depraved or whimsical ideas, than in a state of health. To the same tendency may be ascribed the habit of dreaming, so common with persons of weak nerves.

There are many cases, in which attentive observation confirms them to be connected with a morbid state of the stomach and bowels. Thus when a person dreams of food, or of eating, it will generally be found that those organs are loaded with crudities. In case of corporeal affection, the imagination seems to be sympathetically impressed with the respective condition of the body. Dr. Thompson observes, that, \* the eating of raw onions at bed-time, was, in the of fifteenth century, prescribed by Magicians as an " infallible arcanum for procuring pleasant dreams!" The learned and ingenious Dr. Whyte, was extremely attentive to the dreams of patients, in acute diseases, as useful towards a cure; and there are many reasons for believing that such attention is necessary to practical observation, in nervous disorders, where the intimate connexion between the mind and the body is particularly evident.

Dull head-achs, sleepiness and melancholy, are peculiar symptoms attendant on nervous disorders: they generally arise from want of spirit and motion in the nervous fluid; and if permitted to gather strength by long continuance or indulgence, they become very terrible.

The patient should not be alarmed at this necessary caution, for while these symptoms are in the condition above described, they may be removed; and there is no danger but through neglect. Age or intemperance alone will give them strength; therefore sobriety and timely care will lay the foundation for a permanent cure. Many have recourse to spirituous liquors, which give only a temporary relief, and are sure to increase the disease.

Nervous patients are generally dull and inactive, subject to muse without thinking, and to disregard every thing; the appetite is bad, the stomach is weak, wind is troublesome, and breathing difficult; lowness of spirits, dimness of sight, vain suspicions, melancholy imagination, a disgust of every thing, a love of laziness and a drowsy inactivity, are the original and peculiar symptoms of nervous complaints in general.

Every thing that tends to relax or weaken the body, disposes it to nervous diseases; as indolence, excessive venery, drinking too much tea, or other watery liquors warm; frequent bleeding, purging,

vomiting, &c. Whatever hurts the digestion, or prevents the proper assimilation of the food, has likewise this effect; as long fasting, excess of drinking, use of windy, crude or unwholesome aliments, or an unfavorable posture of the body.

A feeble state of the nerves is generally accompanied with an occasional lowness of spirits; therefore the patient ought carefully to guard against every cause of debility, and engage in active pursuits, to secure the constitution from the further progress of the disease.

Shortness of sight appears also to be one of the earliest harbingers of nervous affection. Nervous patients are also peculiarly subject to hardness of hearing, which is frequently attended with a tinnitus, or fallacious perception of noise.

An opinion also prevails, that nervous diseases are at present more common in Europe than at any former period, and is chiefly attributed to excess of indulgences practised in these times of refinement and luxury. It is certainly true, that the farther we depart from simplicity and temperance in diet, and the more we sacrifice wholesome exercises to the inactivity attending domestic amusements, the greater will be the influence of every physical error, in diminishing the vigour of the constitution.

Nervous disorders have frequently been occasioned by the loss of a husband, a favorite child, or from some disappointment in life. It also often proceeds from intense application to study. Few studious persons are entirely free from them. Intense study not only preys upon the spirits, but prevents the person from taking proper exercise; by which means the digestion is impaired, the nourishment prevented, the solids relaxed, and the whole mass of humours vitiated. Grief and disappointment produce also the same effects. In short, whatever weakens the body, or depresses the spirits, occasions nervous disorders; as unwholesome air, want of sleep, great fatigue, disagreeable apprehensions, anxiety, vexation, &c.

This complaint generally begins with an absurdity of the patient's behaviour, inactivity, dislike to motion, anorexia, borborygmi, costiveness, oppression from wind, frequent sighing, anxiety about the præcordia, great dejection, internal sinking, load at the stomach, palpitation of the heart, taciturnity, wild incoherent discourse, ridiculous notions, the mind being fixed upon one object, &c. &c.; and are preceded by a variety of symptoms, as windy inflations, or distempers of the stomach and intestines; the appetite and digestion usually bad, yet sometimes there is an uncommon craving for food, and a quick digestion. The food often turns sour upon the stomach; and the patient is troubled with vomiting of clear water, tough phlegm, or blackish coloured liquor resembling the grounds of coffee. Excruciating pains are often felt about the navel, attended with a rumbling noise in the bowels. The body is sometimes loose, but more commonly bound, which occasions a retention of wind, and great uneasiness.

As the disease increases, the patient is molested with head-achs, cramps and fixed pains in various parts of the body; the eyes are clouded, and often affected with pain and dryness; in short, the whole animal functions are impaired. The mind is disturbed on the most trivial occasions, and is hurried into the most perverse commotions, inquietudes, terror, dulness, anger, diffidence, &c. The patient is apt to entertain wild imaginations and extravagant fancies; the memory becomes weak, and the judgment fails.

The urine is sometimes small in quantity, at other times very copious and quite clear. There is a great straitness of the breast, with difficulty of breathing; violent palpitations of the heart, sudden flashes of heat in various parts of the body; at other times a sense of cold, as if water was poured on them; flying pains in the arms and limbs, back and belly, resembling those occasioned by the gravel; the pulse very variable, sometimes uncommonly slow, at other times very quick; yawning, the hickup, frequent sighing and a sense of suffocation, as from a ball or lump in the throat; alternate fits of crying and convulsive laughing; the sleep is unsound and seldom refreshing, and the patient is often troubled with horrid dreams.

Nervous disorders may be hereditary, or acquired by a sedentary life;—intense application to study;—tedious diseases; profuse evacuations of blood or semen; or by depressing the passions.

This complaint is incident to both sexes, with only this difference, that, in the female, from the natural delicacy of constitution and the softer manner of life, they are in general more frequent and violent than in the other. Weakness of the nervous system is often—alas! too often—occasioned by irregularities in one sex, and sensual excesses in the other.

Immoderate evacuation of semen is not only prejudicial on account of the loss of that most useful humour, but likewise by the too frequent repetition of the convulsive motion by which it is discharged; for the highest pleasure is followed by an universal revulsion of the natural powers, which cannot frequently take place without enervation. Besides, the more the strainers of the body are drained, the more humours they draw to them from the other parts, and the juices being thus conveyed to the genitals, the other parts are impoverished. Hence it is, that, from excessive venery, all the various symptoms of lassitude and debility ensue, and are increased by a perpetual itch for pleasure, which the mind contracts as well as the body, and from whence it follows that obscene dreams, frequent erections, and involuntary emissions, bring the flower of youth to premature old age.

The hypochondria is a common attendant on this horrid practice; and if those who are afflicted with it give themselves up to this vice, it brings on very alarming diseases. Tormenting uneasiness, agitations, and anxieties, are the consequences of these united causes; and it is evident that hypochondriac com-

plaints are sometimes accompanied with delirious fits and phrenzy—consequences generally attendant on this abominable practice. The brain being weakened by this twofold cause, is successively deprived of all its faculties, and the miserable victims fall into a state of imbecility, without any other than frantic intervals.

I shall not at present dwell much on this subject, having fully written on this dangerous and destructive practice in the SECOND part of this publication, which has experienced a sale unprecedentedly successful through a great number of editions.

It is necessary however to state that the Tabes Dorsalis, or consumption incident to young persons of salacious dispositions, is so little treated of by the ancient practitioners of medicine, as well as through the delicacy of modern physicians, that an adequate idea of it cannot be collected from their writings. It is proper then to say, that the first symptoms of the Tabes Dorsalis are easily discerned by involuntary nocturnal seminal emissions; pains in the back, as well as often in the head; formication of the spine; aching pains, and laxness of the testicular arteries; weakness of sight; defect of memory; a mucous discharge from the urethra after excremental exertions: which are succeeded by an extreme dejection of the mental faculties; and contingent to these are gutta-serena; meagre visage; emaciated body; irregular asthmatic sensations, which proceeding a syndrome of hectical complaints, ultimately close the fatal catastrophe!

What can produce such alarming indications of immature debility? Is it the unseemly practice, the solitary vice, which reason, which nature condemns? Suffice it to say, that it is highly incumbent on those who have the care of seminaries, to beware of the hidden evil, the Onanian mischief, and prevent its growth! It is my duty to prescribe a cure to the already afflicted.

It is observed by Sydenham, that nervous diseases imitate all kinds of distempers so exactly, that a physician is generally at a loss to distinguish it from an essential disease of any part; but that one peculiar symptom of it is, a despair of ever recovering.

Therefore, as the most common symptom of this disease is a constant dread of death, it of course renders those unhappy persons who labour under it peevish, fickle, and impatient; apt to run from one doctor to another: this is the reason why they so seldom reap any benefit from medicine, as they have not sufficient resolution to persist in any one course till it has time to produce its proper effect. Those who seriously wish to be cured, must patiently persevere in the remedies hereafter prescribed for them; for it is of no use to begin a medicine, and to give over before it is possible that its effects can be perceptible, or before it could have time to act upon the system.

It is an undeniable fact, that when weakness of the stomach and bowels have been introduced, many are the occasional causes of irritation from which nervous symptoms may ensue. In general, whatever by quantity or quality relaxes the solids, or by acrimony stimulates into spasms; whatever diminishes the energy, or excites irregular motion, of the animal spirit, tends, either immediately or remotely, to the production of nervous disorders.

Dr. Walker, also, justly remarks, that "one reason why complaints of the nervous kind are not more frequently removed is, that patients have seldom resolution to persevere sufficiently long in any means of relief prescribed them.—It will be necessary to inform the patient that an effectual cure may be obtained, but a speedy one is not to be hoped for.—It is better not to be discouraged by a few ineffectual efforts to relieve the complaint; but it must be remembered, that frequently the more gradual and progressive the cure, the more certain and permanent it will prove".

A most potent medicine has some years ago been introduced to public notice, and its happy salutary success has been without a parallel.—This medicine has been long celebrated and distinguished by the name of the

# Cordial Balm of Gilead:

Its composition has been sanctioned by the most learned physicians of the age: in their analyzations, they have been unable to discover the least particle of either mercury, antimony, iron, or any other mineral, except Gold! pure virgin Gold! and the true Balm of Mecca—hence the salubrious qualities of this inestimable Cordial, and hence its preparation is the most

difficult and costly of all others in chymistry. We read in Scripture that after Tubal Cain the first chymist was Moses, and his skill, by his commentators, is acknowledged to have been incontestably great, from his burning and pulverizing the Golden Calf, which the Israelites had set up, and giving to the people to drink; there being scarce a more difficult operation in chymistry than to make Gold potable.

The Ancients found out an universal remedy from their preparations of Gold-and these researches challenge the highest antiquity—and IS ACKNOWLEDGED to have been known to the antediluvian world. Many, very many are those, who disbelieve that Gold is in the composition of the Cordial Balm of Gilead, but they can assign no reason why they think so: Ought an ART to be despised, because it is not to be found in the COMMON BOOKS OF CHYMISTRY? No; on the contrary, we certainly know the occult virtues of Gold, and the possibility of the OPERA-TIONS of NATURE, which brings about the most WONDERFUL EFFECTS by the most simple causes. Neither is the process easy, but attended with the utmost difficulty to those who have not accustomed themselves, by repeated trials and perseverance, to attain the ART.

The Arabians introduced gold into medicine, and esteemed it for many centuries as THE GREATEST CORDIAL AND COMFORTER OF THE NERVES.

"The Balm of Mecca, or as it was called by the ancients, Balm of Gilead, of which this Cordial is

principally composed, and from which it derives its name, is one of the most celebrated medicines which have long been, and are still employed by the physicians of the East. It has preserved its reputation from a period prior to the birth of Christ\*, even to the present day, and is considered by the Turks, and other Oriental nations, as one of the most efficacious and universal medical remedies. To whatever circumstance it may be ascribed, whether from the adulterations to which it is exposed in passing through so many mercenary hands before it can arrive on our shores, or from the monopolizing spirit of the Eastern despots, who carry on a profitable traffic with this highly-esteemed Balm, it is but rarely imported into Europe. It is sent from Mecca, now its native soil, to the great Princes and Sovereigns of Europe, as a

\* The place where it formerly grew was Gilead, in Judea, more than 1730 years before Christ, or 1000 years before the Queen of Saba came to Jerusalem; and nothing is more certain, than that the Balsam Tree had been transplanted from Abyssinia to Judea, and become an article of commerce there; and the place from which it originally was brought, through length of time, combined with other reasons, came to be forgotten. This is however contrary to the authority of Josephus, the Jewish historian, who says, that a tree of this Balm was brought to Jerusalem by the Queen of Saba, and given, among other presents, to Solomon, who, as we know from Scripture, was very studious of all forts of plants, and skilful in the description and distinction of them. Here it seems to have been cultivated and to have thriven so, that the place of its origin came to be forgotten......Bruce's Travels, vol. 5.

searce and valuable present from the Grand Seignior. The virtues of this medicine have been treated on by most ancient writers, and among the moderns, by Professor Wildenow, of Berlin; the particulars of which were inserted in the Medical and Physical Journal, for March, 1799.

"The odour of this Balm resembles a compound of rosemary and sage, partaking also in a slight degree of the nature of turpentine; besides which, it partially emits the flavour of lemons and mace.

"The taste is bitter, astringent and acrid. Among the Eastern nations it has long been a favorite and popular remedy, taken internally, in cases of diseased intestines, ulcers of the lungs, liver and kidneys; and in general it is reputed an excellent diaphoretic and alexipharmic medicine. To persons who have swallowed poison, or have unfortunately been bit by serpents, scorpions, or other venemous animals, it is administered internally, as well as applied externally to the injured part. The modern Egyptians make daily use of it during the ravages of the plague, in order to prevent or repel that destructive malady.

"It is further believed, that the Egyptian women possess the wonderful art of rendering themselves fruitful, either by the internal use of this Balm, or by perfuming and smoking their bodies with it. The beauty of the skin is also said to be not a little improved by the use of it: and the ladies of the seraglio anoint their bodies

with it after tepid bathing t. Throughout the East the Balm of Mecca is to this day considered as a sovereign remedy against all diseases; and such is the unalterable veneration the Orientals entertain for it, that every part of this tree is in some form or other, converted to medical purposes: for besides the Balsam or Balm, its fruit is employed under the name of what we call, in Europe, Carpobalsamum; and the wood, stalk, or trunk, under that of Xylobalsamum.

of that Balm which spontaneously dropped from the tree, or which exuded after incision; at present, however, there are three different methods of obtaining it, each of which furnishes a distinct species of the Balm. The first mode of collecting it, is that pursued by the ancients, or by incision, which produces by far the most valuable Balm; and its consumption is chiefly confined to the principal and richest families of Mecca and Constantinople. The second mode of producing the Balm depends upon boiling the branches and leaves; this sort is perfectly pellucid, and emits an

Arabia, in 1516, three pounds was then the tribute ordered to be fent to Constantinople yearly; and this proportion is kept up to this day. One pound is due to the Governor of Cairo; one pound to the Emir Hadje, who conducts the pilgrims to Mecca; half a pound to the Bashaw of Damascus; and several smaller quantities to other officers: after which the remainder is fold or farmed out to some merchants....Bruce's Travels, vol. 5.

agreeable fragrance; the Turkish ladies apply it externally to beautify their skin, and make the hair grow: this is the kind which the Grand Seignior sometimes sends as a present to other Princes, and which is occasionally vended in the shops, as a rare and costly article. The last, and a very inferior species of the Balm, is obtained by a repeated and stronger decoction of the leaves and branches; in this state it becomes much thicker but less fragrant, and is transported to Europe by the caravans, under the different names of Balm of Mecca, Gilead, Judea, or Opobalsamum, signifying the juice of the tree. This kind is not much valued in the East, and is used only by the lower classes of people.

tings, that the Balm of Gilead was an important article of commerce several centuries before the christian zera. Bruce, the Abyssinian traveller, has first pointed out the native soil of this Balm, being the same as that of the Myrtle, behind Azab, along the coast of Arabia, and extending to the straits of Babelmandel. Anciently it was believed that Egypt, Palastine, and Arabia produced this Balsamic Tree; but, however that might be in former times, it is certain that now it is only cultivated artificially in those countries; that it does not thrive so well there as other indigenous plants, and that the inhabitants are obliged to import annually a fresh stock of young trees, to supply the places of the decayed ones.

" Ancient writers have related many marvellous

and fabulous things as connected with the history of this tree. Some asserted that vipers were continually breeding under its shade. According to others, it Possessed such a degree of antipathy to iron, that it sensibly trembled, on the smallest particle of iron entering into contact with it; and that on this account, any incisions made in its rind must be performed with ivory, glass, or some other hard substance. Mr. Bruce, however, was an eye-witness to this incision being made with an axe, without any trembling on the part of the tree; and it is also probable that similar operations have been always made with the same instrument. Other writers have maintained, that persons who anoint their bodies with this Balm, have a peculiar claim to never-fading beauty, and to perpetual youth".

A medicine so highly interesting to the community at large, was discovered by the Author of these sheets, who, finding it possessed of extraordinary virtues by repeated trials, has spared neither time, labour, or expense, in bringing it to PERFECTION; and to whom alone the ART and SECRET of preparing it is known.

The reputation of this medicine has been so well established, that the first medical men this country affords have not failed to recommend it to their patients.

The virtues of this most celebrated Cordial are fully explained in the course of this work, by a number of well-authenticated and extraordinary Cures.

and therefore it is only necessary to say, that so great a restorative, balsamic and salubrious REMEDY, in all cases attended with DEBILITY and RELAXATION, from whatever cause arising, was never yet offered to mankind. The cures it has performed are very many and great: some of them will appear in the course of this work; but motives of delicacy, as well as want of room, have induced the Author to withhold many cases, which he otherwise has permission to publish.



## ADVICE

TO PERSONS AFFLICTED WITH

Nervous Disorders, Lowness of Spirits, &c.



Persons afflicted with these disorders ought never to fast long. Their food should be solid and nourishing, but of easy digestion. All excess should be carefully avoided. Hot meats are hurtful. They ought never to eat more at a time than they can digest; but if they feel themselves weak and faint between meals, they ought to eat a bit of bread, and drink a glass of wine, with two or three tea-spoonfuls of the Cordial Balm of Gilead added thereto. Heavy suppers are to be avoided. Though wine in excess enfeebles the body, and impairs the faculties of the mind; yet taken in moderation, it strengthens the stomach, and promotes digestion.

Wine and water, with a tea-spoonful or two of the Cordial Balm of Gilead, is very proper to drink at meals; but if the wine sours upon the stomach, or the patient is too much troubled with the wind, brandy and water will answer better than wine. Every thing that is windy and hard of digestion should be avoided. All weak and warm liquors are hurtful, as tea, coffee, punch, &c. People may find, perhaps, a temporary relief in these, but they always increase the malady, weaken the stomach, and hurt digestion. Above all

things, drams ought to be avoided. Whatever immediate ease the patient may feel from the use of ardent spirits, they are sure to aggravate the malady, and prove certain poison at last.

These cautions are indeed more than necessary, as most people are fond of tea and ardent spirits; to the use of which many of them fall victims.

Exercise in nervous disorders is equal if not superior to medicines. Riding on horseback is generally esteemed the best, as it gives motion to the whole body without fatiguing it. Walking, however, agrees better with others. Every one ought to use that which is found to agree best with their constitution. Long sea voyages have an excellent effect: and to those who have sufficient resolution, this course ought by all means to be recommended. Every change of place, and the sight of new objects, by diverting the mind, have a great tendency to remove these complaints. For this reason, a long journey, or a voyage, is of much more advantage than short journeys at home. During any of these courses, the Cordial Balm of Gilead ought never to be neglected. A cool dry air is proper, as it invigorates the whole body. Few things tend more to relax and enervate than hot air, especially that which is rendered so by great fires in small apartments. But when the stomach or bowels are weak, the body ought to be well guarded against cold, especially in winter, by wearing a thin flannel waistcoat next the skin. This will keep up an equal perspiration, and defend

the alimentary canal from many impressions to which it would otherwise be subject on every sudden change from warm to cold weather.

Persons who have weak nerves ought to rise early, and to take exercise before breakfast, as lying too long in bed cannot fail to relax the solids. They ought likewise to be diverted, and kept as easy and cheerful as possible. There is not any thing that hurts the nervous system, or weakens the digestive powers more than anger, fear, grief or anxiety.

The temperature of the air is a material consideration, and of great importance. A light, dry, and warm air, is best for weak and diseased lungs; and a dry, or cold, or temperate air, is fittest for relaxed and nervous people.

The necessities of nature, and the general order of things, demand action in the human species; and the mechanism of the body plainly shows that it is not only well calculated for that purpose, but also demonstrates that exercise is even indispensably requisite, to preserve regularity in the wheels of motion, and to fit them for the due performance of their several offices. Exercise is like a main spring to the machinery; it promotes the digestion, prepares the blood for its various destination, distributes it through all the channels of circulation, throws off the imperfect and offensive parts of the fluids, braces the nerves, gives a firm tone to the solids, and carries an even flow of spirits throughout the whole system. Exercise is hurtful immediately after a full meal; and

in the morning when the stomach is quite empty, much exercise is very injurious.

Frequent exercise relieves the head, abates rheumatic pains, keeps the bowels open, is favorable to all the descending evacuations, and has a tendency to prevent the gout: it contributes to general health, and by increasing the circulation and secretion in the legs and feet, (since the extremities are the original seat of the gout), it may perhaps hinder the formation and assimilation of those morbid particles which are found to exist, in a concreted state, in a fixed or settled gout. Riding on horseback is an excellent exercise, and essentially beneficial in obstructed and nervous habits, and in all affections of the lungs; but when the nerves or bowels are very weak, the best substitute is riding in an open carriage.

Moderate dancing occasionally is a valuable kind of exercise. To the powers of music and elevated festivity, it unites the charms of refined sociability and attraction, and inspires an animation which moves the system in a more pleasing and effectual manner, and with happier effects than the other common exercises can boast.

There are two prevailing errors, in regard to exercise, which Doctor Harper remarks in his "Economy of Health". "People of relaxed, delicate, and nervous habits", says he, "who should always avoid too much exercise at one time, often hurt themselves by over exertion, because they judge it advisable to take plenty of exercise. There are

ethers, again, who being confined within doors, and leading a sedentary life, think to compensate for the want of regular exercise, by a hard ride or walk once week: but this is a mistaken notion; the nerves of such people, unaccustomed to bear so great a degree of agitation, are overstrained and relaxed by it, while the circulation of their fluids, which is generally very slow and languid, is thrown into disorder from the same cause, and thus a foundation is laid for those very complaints it was meant to prevent".

There is hardly any thing more common than to hear people express their surprise at having got cold, because they are altogether at a loss to account for the cause of it. They are not ignorant that damp air, wet clothes, the drinking cold liquors when the body is very hot, or too warm liquors when it is cold, and such like are the chief causes; but do not consider that all sudden transition from one temperature and one extreme to another, are equally conducive to the same effect, though the circumstances of it may not be so obvious to them.

Soft flannel worn next the skin, cannot be too strongly recommended to those who labour under any affection of the lungs, or weakness of the bowels. The same expedient will be found serviceable in the rheumatism, and in all scorbutic, dropsical, hypochondriac, and melancholic complaints.

Too much sleep weakens the nerves, renders the temper peevish, and predisposes to apoplexy and palsy; it likewise creates a lethargic and indolent disposition, disqualifies for action, and blunts the energy both of the intellectual and corporeal faculties. On the other hand, nothing can be more pernicious than the loss of sleep and want of due rest; watching, by exciting an artificial fever, and by stimulating the nervous system, when its powers are already exhausted, effectually wastes the strength, debilitates the body, and lays it open to every attack, especially to nervous and phrenitic fevers.

The duration of sleep must be proportioned rather to the nature of the constitution than to the degree of exercise or labour. In lax and tender habits, the natural motion and attrition in the system, exhaust and dissipate the vital strength much sooner than in those constitutions which are hardy and robust; consequently the former require longer sleep to repair the waste and consumption than what is necessary for the latter; besides, in those who have much exercise or labour, the powers of circulation being more complete, and sleep more mature, the business of nature is sooner performed.

Heavy suppers, much reading, study, or any other considerable agitation or application of mind near the hour of going to bed, tend to prevent sound sleep, and to occasion dreams; the drinking of tea, coffee, or any other thin, weak liquor, will also retard sleep.

An appetite for food or nourishment is almost an infallible sign of health; but if the digestion, at the same time, be not regular and perfect, it is a false

appetite, arising either from some preternatural stimulus, or from luxuriant living: hence the stomach craves more than is necessary. The simplicity of food has numerous advocates; and there is no doubt, the more varieties the stomach is accustomed to, the more dainties, and perhaps the larger quantities, are needful. The manner of living should therefore be regulated from the earliest period: the children of poor people, who are likely to live hard, should, from the first, be accustomed to plain and substantial food, and seldom allowed many rarities; they should begin to take whatever is offered to them, to prevent their stomachs from being too nice; but nothing to which they seem to have a fixed dislike should be forced upon them; it is as dangerous as it is unnatural.

A diet consisting chiefly of milk and vegetables, has been found in several instances to renovate the constitution, remove sterility, and eradicate some of the most obstinate chronic complaints.

Nothing can be more ridiculous or more pernicious than the practice of eating and drinking things very hot; it spoils the teeth, brings on the toothach, weakens the head and eyes, ruins the stomach, and does abundance of mischief.

Water, as being a vehicle particularly connected with all the departments of nourishment, deserves particular attention. Pure cold water acts as a tonic or corroborant, internally, in the stomach, as well as externally: it passes off gently by the different ex-

cretions; it dilutes the saline, and corrects the bilious, part of the blood. Bad water must be inimical to health, according to the manner and degree it happens to be impregnated with heterogeneous matter. Snow water, and water that freezes most readily into ice, are found to be the purest of all. The next in purity is rain water, which falls in moderate weather; and then river water, which runs with a brisk current. Spring water, in passing through the strata of the earth, often imbibes mineral and other ingredients, and accordingly becomes more objectionable; nevertheless it is commonly and very properly used, because it is more readily obtained in a pure state than any of the former generally are. The purest water is that which is lightest and most limpid; that which has neither taste, colour, nor smell; that which easily lathers with soap, and that which does not effervesce or bubble, nor form any sediment when good vinegar or spirit of sal ammoniac is put into it. The most certain method of purifying water is by distillation, and most easy is by boiling. The influence of fire destroys animalculæ, and by diffusing the component parts of water, it affords an opportunity for the fixed air and the too volatile particles to evaporate, and by the same means decomposes the combinations, so that the earthy and foreign ingredients fall to the bottom. Filtration, the mixture of chalk or sand, exposure to the open air, and allowing it due time to settle, are individually conducive towards the purification of water.

## METHOD OF CURE.

It has generally been thought that nervous diseases are seldom radically cured; but that their symptoms may be sometimes alleviated, and the patient's life rendered more comfortable, by proper medicines, is, I believe, universally allowed.

Now I will venture to affirm, that if the following mode be pursued, there will be no doubt of a radical cure being obtained. In the first place I would recommend a vomit of 20 grains of ipecacuanha; and when the patient is costive, a little rhubarb or some other mild purgatives to be taken, as the body should never be suffered to be long bound. All strong, violent purgatives are, however, to be avoided, as aloes, jalap, &c. An infusion of senna and rhubarb in brandy answers very well. This may be made to any strength, and taken in such quantity as the patient finds necessary. When the digestion is bad, or the stomach relaxed and weak, the following infusion of Peruvian bark may be used with advantage:

Take of Peruvian bark, an ounce; gentian root, orange peel, and coriander seeds, of each half an ounce: let these ingredients be bruised in a mortar, and infused in a bottle of brandy for five or six days. Half a table spoonful of the strained liquor, with the like dose of the Cordial Balm of Gilead, may be taken, in a glass of water, an hour before breakfast, dinner and supper.

In patients afflicted with wind, the greatest benefit is certainly to be experienced from the Cordial Balm of Gilead; to two tea-spoonfuls of which, 15, 20, or 30 drops of the Elixir of Vitriol may be added, and taken two or three times a day in a glass of water. This will expel wind, strengthen the stomach, and promote digestion.

It would be an easy matter to enumerate many medicines for relieving nervous disorders; but whoever wishes for a thorough cure, must only expect it from the Cordial Balm of Gilead, together with proper regimen: therefore the greatest attention is necessary as to regularity in taking this valuable medicine, as well as to diet, air, exercise, and amusement; which will be found in the General Directions at the end of this Work, to which refer.

It will no doubt be acceptable to the reader, to see accounts of some of the remarkable cases and cures which have been performed by this truly invaluable medicine, in the disorders for which it was invented; the Doctor has therefore selected a few such cases as have come within his own immediate knowledge, and inserted them herein, that all persons may be able to judge of the superior efficacy of the Cordial Balm of Gilead to any other medicine, and to show that no person, however dangerous their situation may be, should despair, but seek for advice and remedies, even though they should be bereft of every other hope of relief.

## CURES.

#### حسودي

### EXTRACT OF A LETTER FROM BEVERLEY,

in the county of York.

Sir,

A refpectable Farmer's daughter, in the neighbourhood of Beverley, was for fifteen years afflicted with a nervous complaint, attended with lowness of spirits, violent pains in her back and lest breast, for which numerous remedies were tried in vain, obtained a complete cure by two bettles of the Cordial Balm of Gilead.

Witness, M. Turner, Beverley, Dec. 20, 1799.

#### EXTRACT OF A LETTER

FROM MR. T. WATKINS, HIGH-TOWN, HEREFORD, dated November 3rd, 1799.

Sir,

A lady of this city, for years laboured under a nervous complaint, attended with lowness of spirits, pain in her side, &c. for which she tried almost every medicine to no effect. She requests me to acquaint you, for the good of the public, that four half-guinea bottles of the Cordial Balm of Gilead have entirely removed the complaint, and she is now happily restored to a perfect state of health.

T. WATKINS.

#### EXTRACT OF A LETTER

from a respectable Gentleman at Litchfield, who, for family reasons, requests his name may not be made public.

Dear Sir,

I inclose you a bank note for five pounds, and shall be glad you would fend by the waggon, on Tuefday next, nine or ten bottles of your Cordial Balm of Gilead, a proportion infinitely more valuable than the inclosed. That weakness and debility in the head; that finking and preffure of the spirits, which rendered my life a burthen, are restored to their wonted tone. Its effects are powerful and invigorating; it seems to give life and animation to the rubole system. Calmness and serenity, with a train of cheerful ideas, are the attendants on its virtues. I shall adhere to your medicine as an old friend; and as I have pinned my faith in its virtues, shall not very foon take my leave of it. I can with pleasure inform you, that the irritation of the nerves is At present I wish you not to make my name known, for family reasons, and therefore rely on your promise of fecrecy on that head, when I had the pleasure of seeing you at Liverpool.

## TO S. SOLOMON, ESQ. M.D.

Solomon's Place, Liverpool.

Sir, Birmingham, Dec. 6, 1798.

I long laboured under the painful effects of indigestion, and could obtain no relief from regular medical advice. In this state I was recommended to try your Cordial Balm of Gilead; but having an objection to public medicine, I resisted the idea for some time. The weakness, however, gaining on my constitution, as scarcely any sustenance remained on my stomach, I determined to give your Cordial Balm of Gilead a fair trial, and immediately sent for some to Mr. Swinney's, printer, in this town, and the consequences have fully justified the report

I had of your medicine; for my spirits were soon recruited, and my appetite and digestion, after eighteen months' wasting and excruciating illness, are now happily restored. As this singular case may be the means of inducing others, under similar complaints, to use the same remedy, you have full consent to make it public; and remain, Sir, with great respect,

Your very obedient fervant,

EDWARD FOX.

Livery Street, Harper's Hill.

The following gentlemen, inhabitants of Birmingham, are witnesses to the above cure:

James Miller, Efq.
John Ellis.
Walter Archer.
John Robotham.

John Taylor, Efq. Henry Hawkins. James Ferrall.

The following interesting Letter is too important to be withheld from the Public.

## TO S. SOLOMON, ESQ. M.D. LIVERPOOL.

Sir, Glasgow, 26th July, 1798.

The rapid and increasing sale which your "Guide to Health", and Balm of Gilead, have of late experienced in my circuit, is a proof, among many others, of the benefit derived from them, by the invalids of both sexes. The following cases were communicated to me by the parties, of their own accord; namely—

A gentleman who had resided in the West-Indies for many years, came home for the recovery of his health; he consulted the faculty in Edinburgh; their prescriptions gave him no relief. Seeing a case similar to his own, in your Guide to Health, cured by your Cordial Balm of Gilead, he was induced to make trial of it; he says that during the time of his taking the first six bottles of it, he was not sensible of any benefit; but

by being determined to perfevere, from that time he experienced a great alteration to the better, till happily he recovered his health completely. He is now as well, as frout and hearty as ever. This gentleman's cafe was a continual head-ach, dulnefs of hearing, lofs of appetite, general debility, &c. &c.

Another case.—A young gentleman came to me, whom I never saw before, to my knowledge, and informed me that he could not in justice to you and the public, withhold his testimony of the benefit which he derived from four bottles of your Cordial Balm of Gilead, which completely restored him to health. His complaint was, as he thought, the first stage of a consumption, want of appetite, great head-ach, general debility, &c.

ANGUS M'DONALD.

Dear Sir,

London, Nov. 29, 1798.

The diforders with which a Lady of my acquaintance was afflicted, were nervous affections and a very high inflammation of the lungs, attended with excessive coughing, which reduced her to death's door. She told me that she had the best medical advice she could procure, and Dr. Pitcairn's among others; but to no purpose. She continued twelve months in this difordered state; went to Bristol and found no relief; that for four months together she could not lie down in bed, without the hazard of excessive pain or suffocation, and during that period could only rest by being propped up with pillows. Being almost worn out with suffering, a friend advised her to buy a bottle of your Cordial Balm of Gilead; she purchased two half-guinea bottles and found much relief by them, and then bought a £5 box, which perfectly restored her from the debilitated state of her lungs, and nervous disorder. She also added, that many of her friends, thro' her recommendation, had found great benefit by taking them. She informed me, that she had it in contemplation to have written to you, but as

the had relations in the medical line, she did not like her name to be made public, and thereby incur their displeasure. Mrs. Mathews and myself had an interview with the lady, who related the particulars; and either of us will with pleasure refer any respectable enquirer to the lady herself. Wishing that your medicine may prove productive to you by an extensive sale, and beneficial to mankind, I am,

Dear Sir,

Your very humble fervant,

JAMES MATHEWS,

No. 18, Strand.

Dr. Solomon, Liverpool.

#### EXTRACT OF A LETTER

FROM A LADY AT WOLVERHAMPTON, to S. SOLOMON, Efq. M.D.

Sir,

I was most grievously troubled with a very bad nervous complaint, which distressed my head and stomach. I think it was solely occasioned by grief. I had a nervous fever for three winters together, which confined me to my room for three months at a time. Seeing, repeatedly, cures advertised in Mr. Swinney's Birmingham paper, which had been performed by the Cordial Balm of Gilead, I was induced to try it, and accordingly applied to Mr. Smart, bookseller, who got me a bottle of it. As soon as I begun to take it, I experienced most wonderful relief. It caused much wind to be dispersed from my stomach and bowels, and made my natural rest return to me, which gave me great comfort. In short, Sir, I think it is a very sine medicine, and have desired Mr. Smart to write for six bottles more. I feel myself comfortable and clever, in respect to what I was long a stranger to.

# TO DR. SOLOMON, SOLOMON'S PLACE, LIVERPOOL.

Sir,

Having perused, in the Sun paper of the 7th November, an advertisement respecting the efficacy of your medicine, called the Cordial Balm of Gilead, and having experienced the good effects of it in a nervous complaint when at Buxton baths last season, as well as two respectable inhabitants of this town, who were with me—Mr. John Kewley, an eminent watchmaker, and Mr. Richard Sibert, an attorney at law—and wishing to have such a valuable medicine brought into use at this place, therefore hope you will be so good as to appoint some agent for the sale of it here, as that will be the means of establishing the use of such a medicine, and confirm our affertions, by its efficacy; the truth of which, I, as well as my friends, are ready to testify.

I am, with the greatest respect,

Sir,

Your obedient humble fervant,

JOHN ISAAC HUNTINGTON, Jun.

At the Royal Children, Castlegate, Nottingham, Nov. 11th, 1796.

I, THOMAS GLAISTER, farmer, of Saltcoats, in the parish of Abbey-holm, near Carlisle, do declare, that I was for above fix months forely afflicted with a nervous complaint, attended with internal weakness, loss of memory, pains in my bead, ears, and breast, and was so bad as to be confined to my bed. I had many remedies prescribed me by the faculty, but to no purpose. Fortunately, Mr. Jollie, of Carlisle, who knew my sad situation, recommended me to take the Cordial Balm of Gilead, prepared by Dr. Solomon, of Liverpool, three bottles of which medicine only, I declare, has restored me to perfect health. I have taken

a voyage to Liverpool, on purpose to return my hearty thanks to Dr. Solomon, for the great bleffing I now enjoy of my health, through this great discovery, the Cordial Balm of Gilead.

THOMAS GLAISTER.

Liverpool, 11th August, 1797.

Witnesses, E. Daniel.

James Haswell, Hackin's Hey.

H. Forshaw, printer, Edmund-street.

P. S. I shall return to Carlisle by the Margaret, Capt. John Barnes, of Carlisle, with whom I arrived, when I mean to return Mr. Jollie thanks for his kind recommendation.

Reference may be had to Mr. Francis Jollie, Scotchftreet, Carlifle.

# FROM GEO. GATES, ESQ. of the Island of Grenada, TO S. SOLOMON, ESQ M.D.

My dear Sir,

I am just returned from the West-Indies, where your excellent medicine, the Cordial Balm of Gilead, has been of sovereign service to people who have been brought to death's door, by their indiscretion in being out after night, and thereby subjecting themselves to the cold atmosphere and the yellow fever. When there, I had recourse to your excellent medicine upon the least appearance of a cold, which never failed to effect a cure when ill; or prevent a cold coming on.

It would be injustice to your medicine not to let the world know its use and good qualities; and at the same time, inhumanity to my fellow-creatures, to suffer them to be ignorant of the benefit derived from it by many, and amongst that number,

Your obedient servant and affectionate friend,

GEO. GATES.

## AFFIDAVIT OF MR. J. BROOM,

DOWNEND, NEAR BRISTOL.

I was long troubled with a nervous complaint, accompanied with great trembling, weakness, debility, and lowness of spirits, and when I conversed with a friend, tears involuntarily gushed from my eyes. Thus I became emaciated, and so reduced as not to be able to walk into my own garden, or scarcely stand on my feet. I was afflicted with a bad cough and head-ach, and being constantly in pains both of body and mind, I was rendered incapable of doing any thing. In this deplorable state I entered upon a course of your Cordial Balm of Gilead, and sound immediate relief; three bottles perfectly restored me to my usual state of health. It is now eighteen months since I was thus cruelly afflicted, and gratitude compels me to come forward in this public manner to declare that I have not had the least return since. I am, Sir, your humble servant,

J. BROOM.

Downend, near Briftol, January 28, 1799.

Sworn before me, one of his Majesty's Justices of the Peace for the C. J. HARFORD. county of Gloucester,

W. Sheppard, No. 3, Wine-street, Bristol. William Saunders,

A young man, about twenty years of age, writes, that he had been for upwards of three years labouring under a nervous complaint, with a conftant depression of spirits, which almost rendered him useless in society, all the powers of his mind having become impaired, so that his spirits can scarcely sustain him, accompanied with a wandering imagination and with great loss of memory, slying pains all over the body, particularly in his forehead, extremely tremulous and seeble after a few hours' exercise, his heart continually palpitating; great pain in

his bowels, occasioned by wind; flushing of heat, and sometimes cold in different parts of his body. Though almost every medicine failed, the Cordial Balm of Gilead was found to be the only remedy that gave him relief; and he obtained a radical cure by a little perseverance.

## TO DR. SOLOMON, LIVERPOOL.

Dear Sir,

For fix years I was afflicted with a nervous diforder, and had the first physicians' advice, but to no purpose. Hearing of your famous Cordial Balm of Gilead, have given it a fair trial. I bought three half-guinea bottles from Mr. Wood of Shrewsbury. The symptom of my disorder is admirably described in your "Guide to Health". I found my head heavy, and an odd fensation in my forehead, a weight and great noise in my ears; fometimes I flept very well, at other times not at all, which I imputed to wind and the languid state of my bowels. All liquors difagreed with my ftomach, except porter or a little brandy and water. My diforder proceeded from indigestion, and relaxation of the stomach. When it first came on, my stomach discharged every thing I ate, and continued so for three years. I was fometimes troubled with a continual belching and hickup for weeks together; for these three last years I discharged a whitish matter from the penis, which came on once a fortnight, fometimes oftener; this proceeded from relaxation alone, and from no venercal taint or private indifcretion. I have breakfasted on milk for these two last years, and find it agrees better with me than any thing elfe. The principal cause of my disorder, I believe, was fright, which brought on indigeftion, and all that train of evils which I have attempted to describe. Rainy, cold, and raw weather, had great effect on my body and mind; I had a most distressing melancholy when the weather continued long wet; when fine and warm, much better. I have some thoughts of entering into I found so much relief from these three bottles, that I wish you to send a sive-pound case. Your advice by the first opportunity will be esteemed a great obligation by, Sir,

Your very obedient fervant,

Inclosed is £6.

Perfectly cured, by the Cordial Balm of Gilead, in ten weeks.

### EXTRACT OF A LETTER

from a respectable Gentleman in Staffordsbire,
TO DR. SOLOMON, LIVERPOOL.

Dear Sir,

I have for some time finished the quantity you sent me, and I beg you to send me a surther supply of your Cordial Balm of Gilead, for I have already sound great benefit from it. It is a most valuable medicine, and deserving every encomium that can be paid it. I can speak within my own knowledge, that it is excellent in nervous cases, and for statulencies in the stomach, and it certainly has removed that imbecility and weakness in my bead; but from the obstinacy of my complaints, it must be a work of time to effect a radical cure; and be assured I shall continue taking it till I can laugh and sing as usual, which I now do at intervals, with great pleasure to myself and those about me. I beg leave to inclose a five guinea bank note; and am,

Dear Sir, &c.

# TO DR. SOLOMON, LIVERPOOL.

General Printing-Office, Chester, Jan. 17, 1797.

Sir,

I feel much pleasure in having it in my power to communicate to you a most surprising cure, effected by your medicine the Cordial Balm of Gilead. A young man, a mercer, of this city, my acquaintance, about 30 years of age, has been afflicted from his infancy with a nervous complaint, attended with great debility, languor, want of appetite, and lowness of spirits, which lately increased so much as to render him incapable of attending to business for the last twelve months. In this deplorable state he was advised by his physicians, as the last resource, to go into the country; but he found no relief from the change. He then tried your Cordial Balm of Gilead; from the first bottle of which he obtained immediate relief, and fix bottles more have restored him to a sound and perfect state of health.

I am, Sir, your obedient servant,

J. FLETCHER,

Printer of the Chester Chronicle.

A gentleman of Grantham, who had been troubled with a Nervous Complaint, attended with a pain or uneafiness about the stomach, a pain in the knee joints and legs, and great pain and noise on one side of the head, was perfectly cured by the Cordial Balm of Gilead.

The case of a gentleman in Radnorshire, afflicted with a Nervous Complaint for sour years, who applied to the Doctor, stating the following violent symptoms:—Excessive costiveness, and extreme lowness of spirits, occasioning a derangement of his senses; a strong, dry cough, violent vomiting, producing at times thick phlegm, and at other times more watery; excessive heat and tremor about the heart, extending through the bowels; breathing with great difficulty; making water very frequently; violent pain and aching in the head, &c. Though this gentleman was upwards of 57 years of age, the Cordial Balm of Gilead in a short time restored him to health and strength.

A young man, 20 years of age, who was in a state of great debility, and troubled with a nervous complaint for a long time, with a weakness in his stomach and back, pains and wind in his bowels, &c. was effectually cured by this celebrated medicine.

I, THOMAS JAMES, Farmer, of Steventon, in the parish of Ludford, in the county of Hereford, in justice to your excellent Balm of Gilead acquaint you, that my wife has been afflicted with a nervous complaint in her head (stomach particularly) and in her bowels, for these several months pass, which rendered her incapable of following her business. I was advised to try your Balm of Gilead, when I accordingly went to Mr. Griffiths, printer, Ludlow, and purchased two bottles, by which she found great relief, when I was happy to go and purchase two bottles more, and now, thank God, I can say that she is perfectly cured.

Witness my band, 29th March, 1798.

THOS. JAMES.



## FLATULENCE, OR WIND.

Flatulencies are of all disorders most common, and have, perhaps, the least attention paid to them; notwithstanding that few persons are free from some disagreeable circumstances owing to wind, which frequently proves the source of the worst and most crabbed cases.

METHOD OF CURE .... The predominant acid in the stomach is to be destroyed by an emetic; the wind is to be expelled by the use of the Cordial Balm of Gilead, which is a most noble carminative, nervine and cardiac: the bowels to be kept free by aloetics or antimonials; if accompanied with a diarrhoea, let bark with opiates be given; ginger, castor, opiate confection, tincture of assafætida, and such like. A milk diet, at least morning and evening, is of the utmost Abstinence from fruit, vegetables, malt service. and other fermenting liquors, is indispensably necessary: animal food; and spirits, with two or three tea-spoonfuls of the Cordial Balm of Gilead diluted with water, may be used with safety; the warmer the liquor is drank the better. Pains, sickness, and common disorders of the stomach and bowels, are instantly removed by two or three table-spoonfuls of the Cordial Balm of Gilead in half a pint of boiling water, taken as hot and as fast as it can be supped. Obstinate pains in the sides and loins of many years

standing, have soon yielded to this salubrious Cordial, taken in this manner.

It would, I think, be very proper to propose the following questions to all persons who are suspected to labour under chronic complaints, viz., Have you any thing of the heartburn? any soreness or heat in the stomach? Does water ever rise in your mouth in the morning? Do you feel any nausea or sickness at your stomach in the morning? Are you oppressed with wind in your bowels? Do you find ease by discharging it? Does it ever rise up in your throat, or seem to fly between your shoulders? Have you any pain in your left side? Do you feel a sort of weight or pressure over your eyes? Have you a sensation of fulness after eating; a fluttering about your heart? Any swelling at the pit of your stomach, or pain on the right side of it, or under the blade bone of your right shoulder? Do you not feel a faintness within you? Are you costive? Do you ever void worms or slime? Any difficulty of breathing?

A single affirmative to any of the above questions, will warrant the use of the Cordial Balm of Gilead\*, aided by mild evacuants, as the nature of the case may require, keeping the bowels open, or restraining the flux if excessively loose, will, to the no small surprise of the patient, soon restore the unhappy sufferer to a perfect state of health, by removing the cause of the disease, as the author has joyfully experienced in many hundreds of instances, in an extensive practice, with the most happy and uniform success.

<sup>\*</sup> Vide General Directions for taking it.

## NAUSEA, OR WANT OF APPETITE.

This is generally, in my opinion, rather a symptom of other diseases, than a disease of itself; particularly of the Asthma, Dropsy, Hypochondria, Melancholy and Nervous Complaints, Gout, &c.: for when the humours are corrupted, and the spirits depressed, as in malignant diseases, the faculty of digestion is impaired; for nature in general seems so intent upon expelling another disease, as to neglect this. Begin the cure with a vomit of about 20 grains of ipecacuanha; a course of the Cordial Balm of Gilead; exercise; early rising; temperance; and the Cold Bath. These being observed, the cure will soon be obtained.



#### PHTHISIS,

OR

#### CONSUMPTION OF THE LUNGS.

A PULMONARY PHTHISIS, OF CONSUMPTION, is owing to an ulcer in the lungs, whereby the whole body is gradually emaciated and consumed.

THE CAUSE ..... That which occasions the stagnation of the blood in the lungs, till it is converted into purulent matter. This may be owing to nervous, bilious, asthmatical or dropsical complaints; excess of libidinous indulgences; baneful effects of a secret vice amongst youth; leading a too studious or sedentary life; heat of climate; hard drinking; immoderate use of mercurials, or of tea, coffee, or other watery liquids. It may be owing to a cold caught in damp beds, or damp houses; chlorosis or green sickness; excess of grief or pleasure; to a teneritude of the arterial vessels; an acrid blood; debility of the fibres of the viscera; long neck, strait breast, depressed scapulæ; an ulcer in the liver, spleen, pancreas, kidneys, mesentery, or uterus: a metastasis of matter; neglect of customary exercises, &c. &c.

THE SYMPTOMS..... A slight fever, generally exacerbated towards evening; too great but particular heat; flying stitches; hectic flushing; pain in the

stomach or breast; pain in the side, the patient lying with most ease on the affected side. Morton says, that "a long-continued dry cough, and a disposition to vomit, excited by it after eating, is the greatest reason to suspect an approaching consumption".

The patient generally complains of a more than usual degree of heat; a pain and oppression of the breast, especially after motion; the spittle is of a saltish taste, and sometimes mixed with blood. The patient is apt to be sad; the appetite bad, and the thirst great. There is mostly a quick, soft, slow pulse; though sometimes the pulse is pretty full, and rather hard. These are the common symptoms of a beginning consumption. Afterwards the patient begins to spit a greenish, white or bloody matter. The body is extenuated by the hectic fever and colliquative sweats, which naturally succeed each other regularly night and morning. A looseness and an excessive discharge of urine, are often troublesome symptoms at this time, and greatly weaken the patient. There is a burning heat in the palms of the hands, and the face generally flushes after eating; the fingers become remarkably small, the nails bent inwards, and the hair falls off. At last, the swelling of the feet and legs, the total loss of strength, the sinking of the eyes, the difficulty of swallowing, and the coldness of the extremities, show the approach of death, which, however, the patient seldom thinks near. Such is the usual progress of this fatal disease, which, if not properly checked, commonly sets all medicine at defiance.

#### METHOD OF CURE

IN

#### CONSUMPTIVE COMPLAINTS.

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Exercise is to be observed in consumptive as well as in nervous cases, to which the reader is referred. New milk should be taken for breakfast and supper; if it purges it should be boiled. Cow's milk is preferable to that of asses. Woman's milk has been by some recommended\*. Goat's whey is too diluent, and Dr. Marryatt has observed many fatal effects from it. The same celebrated author says, that meat broths may be taken as strong as the stomach will bear, particularly pork; jellies, prepared from any animal substance, should be taken as often as possible, and the patient should ride on horseback every morning; if too weak to sit alone, should be supported by one that rides behind, for, says he, "riding in a morning is absolutely necessary". Boerhaave is of opinion,

<sup>\*</sup> Dr. Buchan relates a case of a man reduced to such a degree of weakness in a consumption, as not to be able to turn himself in bed. His child happening to die, he sucked his wise's breast, not with a view to reap any advantage from the milk, but to make her easy. Finding himself, however, greatly benefited by it, he continued to suck her till he became perfectly well, and is at present a strong and healthy man!

that butter-milk is better than any other kind of drink for consumptive persons, and says he has known very extraordinary cures performed by butter-milk, when the case was looked upon as desperate: in this opinion Baynard also coincides. I am perfectly convinced it has a very good effect, particularly if two or three tea-spoonfuls of the Cordial Balm of Gilead be mixed with each draught, which will prevent any griping pains in the bowels which butter-milk is otherwise apt to occasion, as well as promote its efficacy.

A dry, warm, clear air, is necessary; likewise the Bristol\* or Spa waters; or for common drink, an infusion of linseed, decoction of bran; or for a

\* The Author's practice from the City of Bristol and its vicinity, has been great indeed; and applications for his advice have been exceedingly numerous. He feels himself highly flattered by the many marks of attention paid to him from persons of the first respectability in that neighbourhood.

# Wine-freet, Briftel, Nov. 7, 1798.

We ordered of you, three weeks ago, Six Dozen of your Balm of Gilead: we are forry to inform you they are not yet arrived. It is a great disappointment, as we fold the last two bottles this evening, and the person wanted more. Our sale increases rapidly; we have sold, in the course of a few months, upwards of sifteen bundred Battles; and we are happy to inform you, that several persons within our own knowledge have found great relief in Nervous and Consumptive complaints, Asshmas,

change, sago, saloup, or chocolate; tea, prepared from tusseligo or coltsfoot flowers, sweetened with honey, I can with confidence recommend: but above all things the Cordial Balm of Gilead ought to be attended to, and taken as before directed in any of the above liquids, either as a common drink, or at least three or four times a day; but let it, however, be observed, that it is not to be taken alone, but mixed in some mild liquid. Shell fish of all sorts; wild fowls are very proper; port wine with the Cordial may be freely used. Conserve of red roses, to the quantity of three or four ounces a day, has been taken with amazing advantage.

Shortness of Breathing, &c. &c.—We trust the box will come to hand to-morrow. We are, Sir, very respectfully,

Your most obedient fervants,
BULGIN & SHEPPARD.

To Dr. Solomon, Liverpool.

December 5, 1798.

In addition to our letter of the 7th ult. we declare that we have fold, fince the above period, near One Hundred Bottles more, to perfons of the first respectability, who speak of its efficacy with raptures.

# Extract from the Briftol Gazette.

The Cordial Balm of Gilead is also sold by us, who likewise add our testimony to the increasing sale and essicacy of the above excellent medicine.

Lemon juice, sweetened with honey and rose or lime water, and a little of the Cordial Balm of Gilead added thereto, has a particular good effect in this disease.

advantage when an imposthume is formed on the lungs which may be distinguished by the spitting of gross matter, oppression of the breast, and hectic symptoms. It is best to be given in substance. An ounce of bark may be divided into sixteen doses, and one taken every three hours in a little rose or lime water, sweetened with syrup of balsam. Lime water may be made by putting half a pound of quick lime into a pan, and pouring thereon a gallon of boiling water: when it has stood for twelve hours, pour off the clear liquor, and cork it up in bottles for use.

The following medicine I have had most wonderful success with in consumptive cases, even when there was very little hopes of recovery:

Take vinegar of squills, an ounce; lime water, half a pint; honey, and honey of roses, of each a quarter of a pound; the juice of two lemons, and one bottle of the Cordial Balm of Gilead. Put the whole over a gentle fire in a saucepan, and let it boil a few minutes; take off the scum, and strain it through a cloth.

Of this mixture let a table-spoonful or two, more or less, be taken five or six times a-day; if it causes any sickness, which is very seldom the case, let the dose be diminished, or left off for a whole day, and then begin with it in a lesser dose than before, as one, two or three tea-spoonfuls at a time, gradually increasing the quantity as the constitution of the patient will admit.

The Author has ordered the above medicine some hundreds of times, and is fully persuaded, that if it is properly managed, there is no stage in this disorder in which it will not prove efficacious, nor has it ever once deceived him.

This medicine ought to be given in such doses that may produce a trifling nausea or sickness at the stomach, which will soon go off; but it is never intended to vomit. There is no desirable effect that may not be expected from it.

The Nitrous Acid I have lately tried, and found it efficacious in many instances, when combined with the Cordial Balm of Gilead. Mix one dram of the strongest with four ounces of water, and then add a bottle of the Cordial Balm of Gilead. One table-spoonful, three or four times a day, is a dose.

### CURES.

## EXTRACT OF A LETTER

from a Gentleman at Warrington,

TO S. SOLOMON, ESQ. M.D.

Solomon's Place, Brownlow Street, (late of Marybone), Liverpool. Sir,

I have been troubled with an asthma for fourteen or fifteen years past, during which time have also had an exceeding

weakness in my eyes, so that at times I can scarce bear them open, and for the same length of time have been troubled with the head-ach, fometimes almost to distraction. I am also exceedingly fcorbutic, breaking out into pimples all over my body, attended with intolerable itching. If I ever walk in the ftreets when there is either fog or fmoak, I am almost suffocated for want of breath, and attacked in a most violent manner by my cough. During the winter I am subject to swelling in several parts of my body, particularly when I catch cold, which is very frequent; for if I stand but a minute or two in the air, I feel the effects of it. In frosty weather I am subject to a very violent cough, which keeps me very thin and weak: the least hurry in the world fets me a fweating and almost deprives me of breath. I am very short-fighted, and have great pain in my eyes; whilst I now write, I can scarce bear the violent aching of my head, which makes me entirely giddy. Under this complication of disorders, I have been advised by my friends, who entertain a high opinion in your favour, and have read to me feveral aftonishing cures in your publication, entitled "A Guide to Health", to apply to you, in hopes it may be in your power to afford me effectual relief, which will always be remembered with the greatest gratitude, by, Sir, &c. G. G.

Cured by a course of the Cordial Balm of Gilead.

# VIDE, LEGE, ET CREDE.

Case of JAMES VAUGHAN, Esq. (late Banker) Park-street, Bristol, who has very laudably given permission to its being made public, for the good of the afflicted.

He is 61 years of age, and acknowledges with gratitude that he received infinite benefit from feven bottles of the Cordial Balm of Gilead; having thereby been restored from an Asthma, cough, violent wheezing of the lungs, strong hypochondriac, lowness of spirits, great relaxation, weakness of body, restless nights, uncomfortable dreams, all which reduced him very much: he is now lusty, strong and hearty, and enjoys better health than he has experienced for these thirty-sive years.

Signed 26th June, 1799,

JAMES VAUGHAN.

TO DR. SOLOMON, LIVERPOOL. Dear Sir,

I cannot refer to the time when I have taken the pen in my hand with more satisfaction than the period in which it is now occupied to acquaint you of the aftonishing efficacy of your Cordial Balm of Gilead, which I have used in consequence of excessive debility, occasioned by a three years residence in the West Indies, and imputed to the heat of the atmosphere. Having embarked from that part of the world so emaciated, with but little appetite, and my strength very nearly exausted, spiritless, and unable to get any natural sleep, I arrived in this fituation at Liverpool, and applied immediately to Dr Solomon, whose excellent advice and medicine, after perfevering in it for fix weeks, completely restored to me my original good state of health. I am now returning to the West-Indies, in the ship Diana, Captain Coupland, where I shall exert myfelf, as much as posible, to establish the Cordial Balm of Gilead, well knowing it is a medicine deferving every encomium that can be bestowed on it, and perfectly adapted to the climate.

I am, dear Sir,

your obliged and obedient fervant

JOHN WATKINS.

Witnesses, Mr. Samuel, filversmith and draper, Old Dock.
D. Isaac, ready-made seaman's clothes warehouse,
Strand-street, Liverpool.

Liverpool, Sept. 7, 1799.

# TO DR. SOLOMON, LIVERPOOL.

Dear Sir,

Briftol, Dec. 1799.

It would be injustice to the afflicted as well as yourself, were I not to declare that I am restored from a state of deplorable debility, weakness and the horrid train of symtoms attendant on a nervous complaint of long standing, by the Cordial Balm of Gilead .- My complaint fo emaciated me as to be almost incapable of performing the duty in which I have been engaged, (as Mate in the Trelawney, from this port to Jamaica for fix voyages) at fea, or at home. But happily I can now declare, that that valuable medicine of yours has restored my health and invigorated my constitution, which had previously been impaired by great exertion and heat of climate. I can further affure you that my wife has taken the Cordial Balm of Gilead for a complaint in her stomach, attended with a variety of distressing and alarming fymtoms of debility, with fuccess; being now, thank God, perfectly free therefrom. Should this letter be deemed proper for publication, you certainly have my permission

I am dear fir, your obedient fervant,

Witnesses, W. Pine and Son, Wine freet. SAMUEL LOVELL.

The following original Copy of a Letter was addressed to SAMUEL SOLOMON, ESQ. M. D. LIVERPOOL.

Dear Sir.

I am an old man, 77 years of age, and I believe should have been in my grave long fince was it not for your famous medicine, the Cordial Balm of Gilead. Many cures it has performed, but none I think fo great as mine; I can prove on oath, if required, that it has done me the most good of any thing on earth. Sir, I know you not, and as I bought your medicine, can have no interest in voluntarily sending you this letter, for your fatisfaction, as well as for the good of every body. I was taken with a cold, being removed into a cold room in very cold weather, and was taken fo ill that I was almost deprived of breath, thinking I should expire every minute. However Mr. Bailey kindly got me a half-guinea bottle of the Cordial Balm of Gilead; in less than five days it broke a lump just above my stomach, which appeared to me to be as large as a goose's egg, which immediately cured me; however I have kept taking it ever since, and shall do so as long as I live, for it revives my heart, and gives me such comfort as I cannot describe.

As I find I shall save a guinea by taking twelve bottles together, and for which you charge five guineas, do pray send them to me, for there is great difficulty in getting them here; having sent to Manchester, they tell me they can hardly get supplied fast enough. Please to pack them carefully up, and direct them for me, Jeffery Frost, Macclessield, Cheshire. I shall, dear, kind Sir, ever pray for you, and remain

Your very humble fervant,

JEFFERY FROST.

P.S. I wish you to publish my case, for the good of all people who are ill.

Mr. T. Goodwin, Macclesfield, paid Dr. Solemon five guineas for the medicine, on account of Mr. Jeffery Frost.

Sir,

I beg to return you my grateful thanks for the very great cure I have experienced by your excellent medicine, the Cordial Balm of Gilead. I had a violent cough, pain in my breast and flomach, profuse night sweats, and was pronounced by the faculty to be in a galloping consumption. In this dreadful situation I was

sinking. As foon as I began taking your Cordial Balm of Gilead, I found immediate relief; my night sweats left me, my cough was much easier, and I am now perfectly recovered.

I am, Sir, &c.

WM. FISCHER,

Master of the Bellona, of London.

### EXTRACT OF A LETTER

from the Sun Newspaper.

## TO S. SOLOMON, ESQ. M.D. LIVERPOOL.

My dear Sir,

Oakingbam.

Did every one know the merits of your Cordial Balm of Gilead, no person would be one moment without it. you, most wonderful Sir, do I owe the preservation of a most tender and loving wife, who was reduced to the last stage of a confumption. I had confulted all the phylicians around, but they faid it was a loft cafe. At length, feeing your advertifement in "The Sun", I perfuaded her to try fome of your celebrated Cordial Balm of Gilead. She was unwilling at first to take it, faying that nothing but death could relieve her. I at length perfuaded her, and she was exceedingly benefited by the first bottle; and by taking three half-guinea bottles, she is, under the bleffing of God, perfectly restored to her husband, and a numerous young family. I hope you will advertise this cure, for the good of mankind, in all the London papers, especially the Sun, where I first saw the advertisement; and believe me, Sir, to be, with every fentiment of gratitude,

Your obliged humble fervant,

JAMES CHAD, fenior.

The original letter is in the possession of the editors of the Sun newspaper, London.

#### COPY OF A LETTER

from Mr. Hilton, Newark-on-Trent.

TO DR. SOLOMON, LIVERPOOL.

Dear Sir,

I must inform you, that about five years ago I had a very severe illness; it proceeded from a cold, and settled on my lungs, which continued so long and obstinate, as to give me much alarm for the consequences. I had a very severe cough, with such an oppression of my breathing as seemed to threaten suffication, and my blood was in a terrible state. In this situation, a good friend and neighbour called on me a little time ago, and recommended your valuable medicine, the Cordial Balm of Gilead. I was induced to make trial of it. Having some by him, he sent it me with his usual goodness. From the first bottle I found immediate relief, and the continuance of a few more happily recovered me. I heartily wish you success, and am, Sir,

Your most obedient humble fervant,

WILLIAM HILTON.



### INCUBUS,

OR

#### NIGHT MARE.

The Incubus rarely seizes any one except in their sleep, and when the stomach is oppressed with aliment of hard digestion, especially if the patient lies on his back. Those that are seized with it seem to have a heaviness on the breast, and about the præcordia; and if they want to speak they cannot. Sometimes they see spectres of various forms, and cannot get rid of the load, or remove the body but after a long struggle; at length the imaginary weight vanishes, but generally leaves a tremor of the heart, and frequently a quick and violent vibration of the diaphragm.

Those who are subject to this disorder ought to eat little or no supper, to lie with the head raised high with pillows, and to take every night two table-spoonfuls of the Cordial Balm of Gilead ten minutes before going to bed; to use plenty of exercise, and if possible the cold bath.

The Cordial Balm of Gilead ought also to be taken in the day-time, as recommended in the general Directions, to which refer.

### LOSS OR DEFECT OF MEMORY.

The remote causes of this complaint are hurts of the head, falls, contusions; passions of the mind; too great loss of blood or semen, either by excessive venery, or pollution; epilepsy or melancholy; sometimes by certain narcotic drugs taken internally.

The cure consists in taking the Cordial Balm of Gilead regularly three or four times a day, using moderate exercise, rising early, and applying externally to the temples and vortex, oil of amber. The diet should be moderate and strengthening.



### A CASE.

## TO DR. SOLOMON, LIVERPOOL.

For the good of mankind I request you will be so kind as to advertise my case. I was by your excellent medicine, the Cordial Balm of Gilead, perfectly cured of violent pains in my limbs, so that I could scarcely move in bed, attended with a lowness of spirits and want of memory. Though I had every advice and remedy that the faculty could think of, yet four bottles of your Cordial Balm of Gilead, which I bought at Manchester, has perfectly cured me and restored me to health.

With fincere gratitude I am, dear Sir,
Your obedient fervant,

JOSEPH LONGBOTTOM,
Publican, near Stockport

## LANGUOR, FAINTING, SWOONING, &c.

Those who are most liable to swoonings or fainting fits, are those of weak nerves and delicate in constitution. They are seldom dangerous when properly attended to, but prove extremely hurtful if wholly neglected.

The general causes of swoonings are, sudden transition from heat to cold; breathing air that is deprived of its proper spring or elasticity; great fatigue, excessive weakness, loss of blood, long fasting, fear, grief, and other affections of the mind.

Persons who faint ought immediately to be removed into the cold air; the temples should be rubbed with strong vinegar or brandy, and volatile spirit of sal ammoniac applied to the nose. The patient should be laid on the back with the head low; have a little of the Cordial Balm of Gilead in some wine, or even in some water, given as soon as it is possible to be poured into the mouth by little and little at a time. In all epidemic fevers, whether proceeding from the above causes, or from weakness, relaxation, and debility in general, as from nervous and hypochondriac affections, great fatigue, long fasting, loss of blood, or the like, the patient must be supported by generous wines, in which the Cordial Balm of Gilead is exhibited; jellies, broths, sago-gruel with wine, new milk, and other things of a light cordial nature. These things are to be given out of the fit. All that can be done in the fit is directed above, together with

a compress dipped in the Cordial Balm of Gilead, applied to the pit of the stomach.

Though it has been common in faintings, first to bleed the patient, yet I will venture to say, that nothing can be more prejudicial or dangerous in weak and debilitated constitutions; but in full plethoric habits it may be of service, though it should always be trusted to with great caution.

## EXTRAORDINARY CASE.

I, JOHN BARNES, master and owner of the Margaret sloop, of Dumfries, do declare, that being in a gale of wind on the 21st of October, 1797, off the banks between the Ormshead and North West Buoy, and having severely suffered by great exertion and fatigue, having lost all our fails, I was suddenly seized with a violent spasm at the pit of my stomach, which nearly deprived me of life, and I was unable to attend the deck for some time. Fortunately a passenger had part of a bottle of the Cordial Balm of Gilead by him, by which he had been cured of a nervous complaint, and he persuaded me to take a dose, which the moment I had done, relieved me; and I have not been troubled with that dangerous, painful, and alarming complaint since.

JOHN BARNES.

Liverpool, 28th October, 1797.

Witnesses, S JOSEPH LEE,
THOMAS SWARBRECK, Printer,
Vernon-street, Liverpool.

## ADDRESS

TO THE

# FAIR SEX.



## ON WEAKNESSES,

CONTRACTED BEFORE MARRIAGE, &c. &c.

THERE are disorders contracted by the fair sex, the cause and cure of which are of such a nature, that for several reasons, chiefly through shame, they wish to conceal them, and therefore suffer worse consequenses than can here be described-

To tell in a few words, what I mean by these diseases; they are such as the patient, by criminal indulgence of her passions, has herself been the instrument in causing. For that many of the fair, especially in their younger years, have suffered much from a secret vice, by which they have endeavoured to procure themselves those pleasurable sensations which God has ordained to be the effects of mutual commerce between the sexes, is a matter of late become too noto-

rious to be doubted, and too dreadful in its consequenses to be indulged in; I mean that abominable vice, Onanism, or secret venery—and certainly none of them can take it amiss, if, for their advantage, I endeavour to remove the evil consequenses of it, and prevent, as much as possible, its continuance.

This secret voice is chiefly a fault in both sexes; nothing, therefore, can be of more importance to the preservation of human kind in general, than the endeavouring to prevent a practice that strikes at the very root of fecundity, and is particularly destructive to young men as well as women; but besides its wickedness, it is the most prejudicial thing that can be to the human constitution. Its bad effects on the body are very many and great. If practised often, it relaxes and spoils the retentive faculty. It occasions the whites in women, and gleets in men. It ruins the complexion, and makes them pale, swarthy and haggard. It produces a long train of hysteric disorders, and sometimes, by draining away the radical moisture, induces consumptions.

It brings on heat in the privities, belly and thighs, with shooting pains in the head and all over the body. It sometimes occasions that fatal malady, the furo uterinus, or insatiable appetite to venery, the consequenses of which are dreadful beyond conception. But what it is the most liable to produce, is barrenness, by causing an indifference to the pleasures of Venus; and, in time, a total inability or inaptitude to the act of generation itself.—Virgins who deluge themselves

over eagerly in this abuse of their bodies, deflower themselves, and destroy that valuable badge of their chastity which it is expected they should not part with before marriage, but which, when lost, can never be retrieved.

With regard to maids who have thereby deprived themselves of that sacred badge, the loss of which, before marriage, was so severely punished by the Jews, under what apprehension must they continually live! with what terror must they approach the marriage bed, which heaven has designed for the seat of the highest sensual enjoyments, when they reflect, that their virtue, on the first amorous encounter, is liable to such suspicions as may never be worn off, but which may render uncomfortable the life both of her, or her otherwise, affectionate husband! The physiognomy, that faithful mirror of the state of soul and body, gives the first indication of internal disorder. The complexion and plumpness which jointly confer a youthful look, and which is the sole substitute of beauty, are the first things that disappear; a leanness succeeds, the skin becomes rough and tinged of a bad colour; the eyes lose their brilliance and deaden, and by their langour express that of the whole frame; the lips lose their vermillion hue, the teeth their whiteness, and the whole body receives a shock, which gradually tend to distortion of the spine. How often do we see females after being well made at 8, 10, 12, 14, and even 16 years of age, become crooked by bending of the spine? and that rises chiefly owing to that criminal and secret indulgence is well known and established. This infamous habit was common among the Roman women at the time when all morality was lost, and was more than once the subject of the satirists of the age.\*

Nature has given some women a semi-resemblance of a man, this has upon slight enquiry given rise to the chimera of hermophrodites. The super. natural size of a part which is naturally very small, and whereupon M. Tronchin has given a very learned dissertation produces all the miracles; and the shameful abuse of this part all the evil. Some women who were thus imperfect, glorying, perhaps in this kind of resemblance, seized upon the functions of virility. The danger of this kind of pollution is not, however, less than that of the other sorts of masturbation: the effects are equally shocking; all these paths lead to emaciation, langour, pain and death. This last species deserves the greater attention, as it is frequently practised at present; and it would be easy to find more than one Laufella, or a single Medullina, who, like those Roman females, so much esteem the gifts of nature, as to think they ought to abolish the arbitrary distinction of birth.

Women have been known to love girls with as much fondness as ever did the most passionate of men, and conceive the most poignant jealousy, when they were addressed by the male sex on the score of love.

<sup>\*</sup> Juven. Sat. 6. v. 321.

What I have already said concerning the horrid practice of self-abuse, if properly attended to, will be sufficient to render it abominable; to deter the young, and hitherto innocent, from making themselves miserable; and to stop the course of those, who have already advanced far on the road to destruction. Let them, when any way tempted, reflect on the miserable condition of many, who in gallopping consumptions, have died terrible examples to all those who persist in this vice. And as relaxations, weakness and fertility of the parts, whether male or female, are the common conquences that follow, relief can only be obtained in the following remedies, which are successfully prescribed for barrenness, seminal weaknesses, muscular relaxations, &c.



#### FUROR UTERINUS.

The Furor Uterinus is attended with obscenity, restlessness, and a delirium. The patients delight to talk obscenely, and solicit men to satisfy their desires, both by words and gestures. It arises from a too great sensibility or inflammation of the pudenda, or parts where the venereal stimulus resides, which are chiefly the clitoris and vagina; or the too great abundance of acrimony of the fluids of those parts; or perhaps both these causes may exist together: but what it is mostly occasioned by, is, the criminal abuse of the body, by a baneful habit which is too frequently practised by young women, as has been treated on in the foregoing chapters.

The accidents to which women are liable are accounted for upon the same principles as those of men, the humours which they lose, being of more or less value, and not so elaborate as the sperm of man, its loss does not perhaps weaken so soon; but when they are guilty of excesses, their nervous system being weaker than men's, and naturally more subject to spasms, the accidents which arise therefrom are more violent. Dr. Tissot says, "I was an eye-witness of a shocking spectacle of this kind in the year 1746, a young woman of about twenty-three years of age, challenged six Spanish dragoons, and sustained their attacks for a whole night, in a house near the gates of

Montpellier, she was next day brought into the city almost dead, and she expired at night, bathed in her own blood, which gushed from the matrix".

Let my fair readers take warning by such examples, and shun that dreadful precipice whereon many a fair and otherwise amiable female, has been unfortunately wrecked! This deluding vice has generally been called Onanism, being the supposed crime for which the Lord slew Onan, as recorded in the 38th chapter of Genesis. It is turning the grace of God into lasciviousness, violating his laws of propagation, and plunging the soul from its original seat of happiness into a gulph of misery and woe!!!

But the melancholy train of ideas and infirmities this destructive habit brings on those who are unfortunately attached to it, claims our pity and consolation, rather than our vengeance and contempt. Turn then, ye unthinking mortals, turn from the paths which lead you to destruction, and walk in the road that will lead you to happiness. Fly from this tempting, this deceitful sin, whose syren charms allure you to your ruin. Turn to that all-gracious Lord, who is now only waiting that he may be gracious—"THERE IS STILL A BALM IN GILEAD, THERE IS STILL A GREAT PHYSICIAN THERE".

It is to be hoped that these observations will be sufficient to stop young people from this pernicious practice, and thereby prevent them from plunging into a sea of misery, without, perhaps, a single plank to escape upon.

Nothing, perhaps, weakens the mind so much as this pernicious practice, which takes possession of the whole mind and attention, and prevents its votaries from following their respective avocations, by engrossing their ideas, even when they should be employed in devotion or business. It renders them stupid, dull, and thoughtful, and destroys all their vivacity, cheerfulness, and health; by bringing on consumptions, weaknesses, barrenness, and all that dreadful train of nervous complaints, which makes them timid, whimsical, and ridiculous. It agitates the mind, causes frightful ideas and horrid dreams, and ultimately renders them fearful of even being left alone for a few minutes!

Surely such a train of miseries, proceeding from this cause might be sufficient to deter young people from beginning such a practice. Doubtless it would if they were sufficiently aware of its baneful effects.

But these are not all the evils arising from this habit; as will be shewn under the article Onania, or Onanism, which, in this edition, is considerably enlarged from the former ones, and illustrated by a number of remarkable cases and cures, which came under the immediate care of Dr. Solomon; likewise many letters from persons whom the Doctor has restored to health, strength, and happiness, after every other application had proved fruitless, and innumerable remedies tried in vain.

### BARRENNESS.

Barrenness is such a state of a woman's body, as indisposes it, upon the use of the natural means, to conceive and propagate her species. It may be properly reckoned among the diseases of females; as few married women, who have no children, enjoy a good state of health.

It proceeds from many sources, and may be reduced under two general heads.—First, an indisposition of the parts to receive the male semen in the act of copulation, or that vital effluvium streaming from it, which alone can impregnate the ovaria. Secondly, an inaptitude to retain and nourish the vital particle after it is injected, so as to make it grow, and compound its parts, till it becomes a proper fœtus.

The reception of the seed is hindered by many causes: an immature age, when, by reason of the narrowness of the genital passages, the woman cannot admit the virile member, or at least not without great pain, which makes her dislike copulation; and old age has sometimes the same effect, for in elderly virgins the parts are so straitened for want of use, they cannot without difficulty contribute to the means of generation.

Conception is also hindered by an hectic, hydropic, or feverish, sickly habit; by a deficiency or obstruction of the monthly courses, when the natural briskness of the blood is wanting; by an immoderate flux of the courses, which impoverishes the fluids; by the whites, which continuing too long, relax the glands of the womb, and drown, as it were, the prolific particles; and too often by secret venery, which utterly destroys the tone and vigour of the parts. This may particularly happen on the side of the man, since it induces seminal weaknesses, and a want of proper erection. When there is a total want of erection, or of seminal matter on the side of the male, generation is not only impossible, but the cure very precarious and difficult. (In such cases it is absolutely necessary to consult Dr. Solomon, by letter, post paid, inclosing his usual fee of half-a-guinea). But preparatory to the cure of infertility in either sex, it is proper to use evacuations, unless any particular symptom shews them to be dangerous. Bleeding, lenient purgatives, such as lenitive electuary, and a gentle vomit of ipecacuanha, especially if the person be plethoric, or cachochymic, cannot be of greater service.

Continue the Cordial Balm of Gilead three or four times a day, as the age or constitution of the patient may require. This will be found most excellent for barrenness and debility; particularly while thus assisted by the Cordial Balm of Gilead; which will greatly warm and purify the blood and juices, increase

the animal spirits, invigorate and revive the whole human machine, and not only raise appetite to venereal embraces, but remove the usual impediment to fertility, prepare the womb for performing its office, and the ova for impregnation.

The Cordial Balm of Gilead warms, comforts and excites the generative parts to admiration, and seldom fails of curing all common occasions of barrenness in a month or six weeks, if duly followed.



## FEMALE COMPLAINTS.

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## OF THE MENSES.

ANCIENT and modern physicians have endeavoured to investigate the cause of this flux, which resembles the ocean in ebbing and flowing at certain periods. It is called the menstrual discharge, or flux of the blood; which issues from the uterus every month. It usually begins about the age of thirteen and terminates about forty; which render these two periods the most critical in the whole life of females, and the greatest care is then necessary, as their future health and happiness depend in a great measure upon their good conduct at these times. When the important period of menstruation arrives, much depends upon proper management. A sedentary life, restraint and confinement at that time, are unfavorable; while moderate exercise, the open air, cheerful society and indulgence are highly requisite. Hard work and exposure to much cold, and damp air, are too dangerous to be hazarded, even among the poorest people, inured to all kinds of rough weather. In some females

on the twenty-seventh day and sometimes on the thirtieth. Duretus says, that some women have their menses twice a month, without the least injury to their health; while others have not even had them once a month. The same irregularity is observed in respect to the duration of the flux, for in some it continues three, in others four, and even six days; however for the most part, Hippocrates says, that it terminates on the third.

# IMMODERATE EVACUATION.

Every large flux of blood from the uterus, ought not to be neglected, particularly if attended with loss of strength, and which may bring on the other symptoms of lassitude and debility, as want of appetite, crudities from indigestion, a sense of weight from the region of the stomach, an ill colour in the face, a languid pulse, swelling in the feet, and a disturbed sleep without refreshment.

When this discharge is occasioned by an error in the patient's regimen, an opposite course to that which induced the disorder must be pursued, together with two tea-spoonfuls of that celebrated medicine, the Cordial Balm of Gilead, in any convenient drink:

This will counteract the morbid affections of the blood from whence it proceeds; and to restrain the flux,

the patient should be kept quiet and easy both in body and mind. . If it should be very violent, she ought to lie in bed with her head low, and live upon a cool, slender diet, as veal or chicken broths, with bread; and drink a decoction of nettle roots and great comfrey; or two drachms of alum, and one drachm of japan earth may be pounded together, and divided into nine doses, one of which may be taken three times a day. Such as cannot bear alum on their stomachs, may take two table-spoonfuls of the tincture of roses, with a tea-spoonful or two of the Cordial Balm of Gilead, three or four times a day, adding to each dose from eight to ten drops of laudanum; should these fail, half a drachm of Peruvian bark in powder, with ten drops of elixir of vitriol, may be taken in a glass of red port wine, four times a day.

If the menses appear in breeding women, the true and only remedy is two spoonfuls of the Cordial Balm of Gilead, with ten drops of laudanum, three or four times a day, until they are restrained; for opium does not much affect the head when the lower viscera are affected. I saved a woman's life when almost expiring

with a flux of blood, by the above remedy.

Immoderate evacuations are produced by a sedentary life and want of proper exercise; hence this is a disorder most commonly to be found among the rich, but seldom among the poor class of women, who have much exercise and live sparingly. It is also occasioned by too frequent use of salt, high-seasoned victuals, spirituous liquors, violent agitation of the pas-

sions of the mind, from losses, gaming, fear, anger, grief, &c. Too great exercise does as much harm, as moderate is serviceable; especially if the patient is subject to this flux from other causes; such as too frequent repetition of the venereal act, or from a miscarriage.

#### SUPPRESSION OF THE MENSES.

As soon as a healthy female arrives at her full growth, she generates more blood than can be conveniently contained in the vessels; wherefore the superfluity is evacuated by the uterine arteries, and this is called the menses; but from whatever cause this flux is obstructed (except in a state of pregnancy) means should be used immediately to restore it. Females who have arrived to the period when the menses usually begin to flow, and they do not appear, should be placed in a situation where they can have exercise, and enjoy the benefit of free air and agreeable company, instead of being kept confined to the house; and two spoonfuls of the Cordial Balm of Gilead should be taken three times a day in any convenient drink; also a gentle dose of physic every third day: -wholesome food and amusement should be attended to. There is then no fear but nature, assisted by this salubrious Cordial and proper exercise, will soon do her work.

The female constitution being of a more delicate conformation, and having a finer texture of nerves than the other sex, gives women a quickness of sensibility and great promptitude of expression; it softens their manners, refines their ideas, and produces a lively sensation of pleasure and pain. But while they enjoy these advantages, and are deservedly objects of affection and esteem, the softness and peculiar construction of their frame subjects them to painful and critical vicissitudes, which, as they affect not only their health, but also their temper, fully entitle them to all possible lenity and indulgence.

The first appearance of the menses in girls who never had them before, is generally preceded by a sense of heat, weight and dull pain in the loins, distention and hardness of the breasts, head-ache, loss of appetite, lassitude, paleness of the countenance, weariness of the legs, sometimes a slight degree of fever, and during the flux a nausea and faintness. When these symptoms are observed about the age which the menstrual flux usually begins, such things should be carefully avoided which are most likely to obstruct that necessary and salutary evacuation; and all the means used to promote it, as sitting frequently over the steam of warm water, drinking warm diluted liquors, in which a tea-spoonful or two of the Cordial Balm of Gilead had been previously added.

When the menses have appeared, great care should be taken to avoid any thing that may obstruct them in future. Females ought to be extremely cautious what they eat and drink when they are unwell; every thing which is cold, or apt to turn sour upon the stomach, ought to be avoided. But should it happen that any thing had been eaten that was improper, and the effects begin to be perceptible, a dose of this medicine will give instantaneous relief.

What is extremely hurtful at this particular period, is cold; more of their sex date their disorders from colds caught while they are out of order, than from any other cause; this ought surely to put them upon their guard, and to make them very circumpect in their conduct at such times.

A degree of cold, that will not at any other time do the least injury, will at this period be sufficient to ruin their health and constitution. The greatest attention likewise should be paid to the mind, which should be kept as easy and cheerful as possible. Every part of the animal economy is inflamed by the passions, but none more than this: Anger, fear, grief, and other affections of the mind, often occasion obstructions of the menstrual flux, which prove absolutely incurable by any other remedy than the Cordial Balm of Gilead.

When obstructions proceed from a weak or relaxed state of the solids, the Cordial Balm of Gilead ought by no means to be omitted, along with such medicines as tend to promote digestion, to brace the solids, and assist the body in preparing good blood. A tea-spoonful or two with a little Bark or other bitters, may be taken either in substance or infusion, as is most agreeable to the patient.

When obstructions proceed from a viscid state of blood, in women of a gross and full habit, evacuations and such medicines as attenuate the humours, are necessary; the patient in this case ought to be bled, and bathe her feet in warm water frequently; to take now and then a cooling purge, and regularly two teaspoonfuls three times a day of the Cordial Balm of Gilead, and live upon a spare, thin diet; her drink should be whey, water, or small beer, with a teaspoonful of the Cordial therein, and she ought by all means to take sufficient exercise. If it proceeds from affections of the mind, as grief, fear, anger, &c. every method should be taken to amuse and divert the patient; and that she may more readily forget the cause of her affliction, she ought to be removed, if possible, from the place where it happened. A change of place has often a very happy influence, by presenting the mind with a variety of new objects, in relieving it from the greatest distress. A soothing, kind, and amiable behaviour to females who are in this situation. is of the last importance.

As obstructions of the menses are often the effect of other maladies, which females are apt to bring upon themselves, by that baneful habit of self-indulgence, of which more will be said hereafter, we should by all means endeavour to restore the patient's health and strength by the Cordial Balm of Gilead, which is the only remedy in such cases.

To instruct girls very early in their conduct and management of themselves at this critical period, is, as Dr. Buchan and other writers justly remark, the absolute duty of mothers, and those who are intrusted with their education. Ignorance or inattention to what is beneficial or hurtful at this time, are the source of many diseases and misfortunes in life, which a few sensible lessons, from an experienced matron, might have prevented. Nor is care less necessary in the subsequent returns of this discharge: taking improper food, violent affections of the mind, or getting cold at this period, is sufficient to ruin the health, or to render the female ever after incapable of procreation.

## CHLOROSIS,

OR

#### GREEN SICKNESS,

Is an obstruction from the womb-vessels of young females, when their courses begin to flow. It is attended with a sallow, pale or greenish colour of the face, a difficulty of breathing, a sickness of the stomach at the sight of proper food: sometimes an unnatural desire of feeding on chalk, coals, stones, to-bacco-pipes, sealing-wax, and other things of an hurtful and improper nature. The stoppage of the menses is not always the cause of the distemper; for they sometimes, though seldom, flow regularly in the progress thereof. According to Etmuller, the suppression of the menses is rather the effect, than the cause,

of this disease. Sydenham looks upon the disease to be a species of Hysteric affection, which is known by the paleness and discoloration of the face, and the whole body.

The above complaint indisputably arises from stifling or suppressing the calls of nature at this vernal season, or juvenile spring of life, when the primary command of God, "increase and multiply", is most sensibly impressed upon the whole human fabric. Every tube and vessel appertaining to the genital system, being now filled with procreative liquor, excites in the female a powerful, yet perhaps involuntary, irritation of the parts; which strongly solicits the means of discharging their load by venereal embraces. These, from prudential motives, being often necessarily denied, the prolific tinctures seize upon the stomach and viscera, pen back and vitiate the catamenia, choak and clog the perspirative vessels, whereby the vernal, arterial, and nervous fluids become stagnant, and the leucophlegmatia, or white flabby dropsical tumour, pervades the whole body, and quickly devotes the unhappy patient to the arms of death. In this manner, I am sorry to remark, are thousands of the most delicate and lovely women plunged into eternity, in the very blossom of life, when female excellence is but budding forth, big with the promised fruit of rapture and delight! How much then does it become the duty of parents and guardians, who have daughters or wards in situations like these, and where no very gross objection can arise, to suffer them to marry with the men they

love, as it will effect the most rational and most natural cure, by removing the causes of the complaint all together.

Though the sexes ought to be cautious of listening to, or encouraging the addresses of vain and and trifling persons, who from a volatility of temper, rove about from one object to another, without having a spark of real affection for any, but make love for entertainment, and substitute compliment and flattery instead of the sincere effusions of the heart; yet when the prospect is such as promises the parties concerned the enjoyment of happiness, the nuptial union ought not to be too long delayed; and when this is the case, parents indeed, with common prudence and humanity, will consult their children's welfare in mind and body, and do every thing in their power to promote the health and comfort of both.

If, however, matrimony be not then convenient, nor likely, in a short time, to take place, recourse must immediately be had to proper regimen and physical aid, otherwise delirium or consumption will

quickly ensue.

The following will generally effect a cure: Take of the leaves of Briony, Pennyroyal and Mugwort, each an handful, infuse them four days in two quarts of water, and then strain off the liquor for use—bottle it up and take a gill glass three parts full, with two or three tea-spoonfuls of the Cordial Balm of Gilead added thereto, three times a-day, viz. morning, noon and night, until the patient finds herself entirely free

from every symptom of the disease. For this malady which hurries thousands of amiable young females into consumptions, the celebrated Cordial Balm of Gilead (prepared by no one else in the world but. DR. SOLOMON, Solomon's Place, Brownlow-ftreet, Liverpool, is the best remedy ever known; it unclogs the genital tubes, purges and cools the uterus and vagina, promotes the menstrual discharge, cleanses the urinary passages, dissolves viscid humours in the blood, sharpens the appetite, stimulates the nerves, and invigorates the spirits, which in all stages of the Chlorosis are apt to be depressed. When this disorder is not very far advanced, nor obstinate, take two tea-spoonfuls of the Cordial three or four times a-day in a wine glass of cold water, for thirty or forty days successively, and it will perform a cure without the infusion, which however makes the dose the stronger.

# FLUOR ALBUS, OR WHITES.

The Fluor Albus, or Whites, consists in the eflux of a whitish, lymphatic, serous, or aqueous humour from the matrix. Sydenham says, it is sometimes white, sometimes pale, yellow, green, or blackish; sometimes it is sharp and corrosive; sometimes foul and feetid; the face is discoloured; there is a pain in the small of the back; the appetite is lost, and the eyes and feet swell.

It most generally proceeds from a debilitated state of the body, chiefly from indolence, or excessive use of tea, coffee, or any other weak, watery diet. Some women have a periodical flux of the whites, instead of the menses.—It is attended with a pain and weight in the loins, cloudy urine, a loathing after some things, and a longing after others.

Barren women and those who are most liable to miscarry, are chiefly troubled with the whites. The feet swell by day and the face by night; it is attended with a difficulty of breathing, and a palpitation of the heart. The discharge is sometimes so sharp as to ulcerate the parts, which, however, are soon healed by a little common cerate. It brings on dropsies and consumption, which if not speedily remedied, puts a period to the patient's existence. It is sometimes attended with an acute pain, and the patient cannot bear conjugal embraces.

It may be known from the venereal disease (which is sometimes of great consequence to distinguish) by the whites ceasing at the time of the menses, and do not appear again until they are over; but a venereal running remains constantly upon the patient, even at the same time as the monthly discharge. Dr. Pitcairn relates a case which lasted four years, during which time the disorder returned regularly every new moon, and continued eight days.

Maids of a weakly constitution, as well as married women and widows, are often troubled with the whites; indeed there are few of the sex, especially such as are any way sickly, but have known it more or less.

The patient should take as much exercise as possible, and let her drink rather freely of red port or claret, mixed with Pyrmont, Bristol or lime water; tea and coffee are to be avoided. Strong broths and milk diet, Astruc says, are exceeding good to be taken in this disease; she must abstain from herbs and fruit, and drink red port wine at meals.

She ought by no means to lie long in bed, and nothing can possibly be better than a decoction of tormentil roots, bistory, comfrey, and rose leaves, and add two or three tea-spoonfuls of the Cordial Balm of Gilead, which must be persisted in morning, noon and night for ten days: then take it twice a day for ten days more, after which discontinue the decoction, and take the Cordial every morning for a month, in a wine glass of cold spring water; the disease will be found gradually to abate, and upon any symptom of a return of it, take a tea-spoonful of the Cordial in a wine glass of cold water for a week; or 30 drops of balsam of copivi, with a tea-spoonful of the Cordial Balm of Gilead, three times a day, may be taken, and it will entirely go off. In warm weather the cold bath will be of singular service.

# PREGNANCY,

OR

# CHILD-BEARING,

Cannot properly be called a disease, though attended with a variety of complaints which require great attention, but for the cure or alleviation of which, medical aid has hitherto proved very deficient -so in these complaints, the Cordial Balm of Gilead exerts most extraordinary properties, and excels whatever has been hitherto offered under a medical form. It is an universal purifier to all those heterogeneous particles which produce nausea; for as it is according to the grossness of the essences at the time of conception, that vomiting, pains in the head and stomach, fainting, &c. arise, which proceed from the jarring elements, arising from the disproportion in the constituent parts of the male and female seed, in their primary qualities, which is not only attended with great debility and depression to the mother in her whole nervous system, but frequently with hereditary diseases and dreadful consequences to the infant offspring, which nothing but the powerful exertion of the active faculty of nature can preserve from falling a prey to the gross and viscid elements, which contaminate this

procreative mixture. Now the Cordial Balm of . Gilead is elegantly adapted to invigorate and assist that active faculty in expelling all viscid humours; being compounded of the most subtle, active and penetrating essences of nature, and fitted to the most active principles of the patient's elementary powers and vivifying influx, prepared from that living fire which germinates the vital principle, and quickens the embryo in the womb; being joined to an æthereal spirit, strengthens and assists the vis vita, by attracting and uniting the four elements or procreative faculty into one harmonious combination, without destroying their variety or distinct powers; whence it is of the same nature and property as the animal spirit, and nervous elastic light of fluid, which purifies and fans the breath of life, first breathed into the nostrils of Adam by his Creator, and communicated to his race by the action of the womb, as the flame of one candle is communicated to another.

Hence the Cordial Balm of Gilead produces the most salutary effects to every woman in a state of pregnancy, by stimulating the procreative faculty to the formation of the finest children, correcting or purifying the male seed from infection or disease; removing all loathings, longings or vomitings; and effectually preventing abortion, from any cause whatever.

For these important purposes, when a woman enters into the state of matrimony, she would do well to take two spoonfuls of the Cordial Balm of Gilead should then continue it three times a week from conception to the end of the fourth month; then it should be omitted till a fortnight before her time, when she should take a tea-spoonful in a wine glass of cold spring water every morning till her labour, at which time it will wonderfully strengthen her, assist her throws, facilitate the birth, promote the lochia, and carry off the after-pains. She might take it occasionally during the month, in any symptom of cold, fever or hysterics, diluted in a wine glass of warm water, about the middle of the day.

Pregnant women are often afflicted with the heartburn, sickness and vomiting, especially in the morning;—likewise both the head-ache and tooth-ache are very troublesome symptoms of pregnancy. The former may generally be removed by keeping the body gently open with using senna and prunes, figs, roasted apples, and the like; and as for the latter, it is soon removed by dipping a bit of cotton or lint into the Cordial Balm of Gilead, and applying it to the afflicted tooth.

Several other complaints incident to pregnant women might be mentioned, as a cough and difficulty of breathing, suppression and incontinency of urine, &c. but all these symptoms are readily removed by having recourse to the Cordial Balm of Gilead, and taking it as directed before.

Every other disorder to which a woman, during the state of her pregnancy, is liable, is chiefly, if not entirely, owing to a deficiency of heat and blood; which may easily be gathered from the consideration of the expence she is at for the nutrition of the fœtus, and the formation of its appurtenances: if two ounces of blood were drawn every day from a person ever so healthy, for forty weeks together, let it be left to common sense to determine whether such a one can stand in need of supernumerary venæsections during that time.

It is upon this account that their faces appear so thin, and various disorders attack them which originate from a deficiency of blood. If a woman with child is bled, says Hippocrates, a miscarriage is endangered: the larger the fœtus, the more certain and expeditious will be the abortion. Experience confirms the truth of this observation of the divine old man. I knew many ladies who used phlebotomy during their pregnancy, and miscarried; but on the omission of it, went out their full time, and were delivered of healthy children. That all do not miscarry who are bled is true, and indeed nothing is more to be wondered at than the inexhaustible resources of nature, by which she can recover herself from the consequences of such ill-timed evacuations.

To use phlebotomy because her periodical visits disappear, is absurd and puerile, for it cannot be a manly argument, that we ought to lavish away that fluid which nature demonstrates her want of, by her care to preserve it. Bleeding is always hazardous and improper during pregnancy, and frequently brings on

convulsions and death. To this rash and inexcusable imprudence it is owing that such numbers of women, who even go their full time, die in child-bed.

## ABORTION.

As every pregnant woman is more or less in danger of abortion, it should be guarded against with the greatest care, for it not only weakens the constitution, but renders her liable to the same misfortune afterwards.

Abortion may happen at any period of pregnancy; but it is most common in the second or third month. Sometimes, however, it happens in the fourth or fifth. If it happens after the seventh month, the child may be kept alive by proper care and attention.

Astruc, are the death of the child, weakness or relaxation of the mother, great evacuations, violent exercise, raising great weights, reaching high, jumping or stepping from an eminence, vomiting, coughing, convulsion fits, blows on the belly, falls, fevers, disagreeable smells, excessive loss of blood, indolence, high living or the contrary, violent passions or affections of the mind, as grief, fear, &c.

The signs of approaching abortion are not unlike

those of a natural labour; such as sickness, palpitation of the heart, pains in the loins or about the bottom of the belly; a dull, heavy pain in the inside of the thighs, the breasts become flat and soft, there is a discharge of blood or watery humours from the womb.

To prevent abortion, women who are subject to miscarry, and those who are of a weak or relaxed habit, ought to take two or three tea-spoonfuls of Dr. Solomon's Cordial Balm of Gilead three or four times a-day, about eleven in the morning, a quarter of an hour before and at the same time after dinner, and about eight o'clock in the evening; to use solid food, abstaining from the use of tea and other watery liquids; to keep the body free by the use of senna, and prunes stewed, or lenitive electuary; to rise early, and to go to bed soon; to shun damp houses; to take frequent exercise in the open air, but to avoid fatigue; and never to go abroad in damp or foggy weather, if they can help it.

Pregnant women ought to be kept cheerful and easy in their minds, and their appetites ought to be indulged as far as prudence will permit.

Upon the first appearance of any symptoms of abortion, the woman ought to be laid in bed on a mattress, with her head low; she should be kept quiet, and her mind soothed and comforted; she ought not to be kept too hot, nor to take any thing of a heating nature. Her food should consist of broths, rice and milk, jellies, gruel made of oatmeal, and the like, all of which ought to be taken cold. Her drink ought

to be barley-water, sharpened with a little lemon juice, or she may take half a drachm of nitre in a cupful of water gruel, every five or six hours. Should she be seized with violent looseness, the best thing will be to drink a little starch, boiled in milk to a thin consistence.

If she is affected with vomiting, let her take three tea-spoonfuls of the Cordial Balm of Gilead in a little French brandy, and repeat it every third hour until the intention is answered. In general, opiates are of service, but they should always be given with caution.—Pregnant women should not be restrained from following their usual exercise. Want of exercise not only weakens the body, but is the chief cause of abortion. There are some women, however, of so delicate a texture, that it is necessary for them to avoid almost every kind of exercise, during the whole period of pregnancy.

Women who are subject to miscarriages, should never fail to take the Cordial Balm of Gilead, from the time they have reason to believe they are pregnant, until a full month after they have quickened. It may be taken once, twice, or thrice a-day, or every other day, as the urgency of the case may require, from one to three tea-spoonfuls, in a glass of smiths' forge water, which may be obtained at any blacksmith's shop, (but it ought to be filtered through paper), or in soft spring water, in which common oak bark had been steeped; and she will effectually get over all causes of abortion.

Women, after sudden miscarriages, or bad labours, will find wonderful relief by taking a teaspoonful or two of it once or twice a-day, in a wine glass full of warm water, for a week or ten days.

Nurses also, whose milk is griping or defective, should take it once or twice a-day, or as often as occasion may require. The intention will quickly be experienced, the milk will be purified and augmented, and all the fluid secretions prompted, in a manner productive of sound health, both to the mother and child.

#### CHILD BIRTH.

In order to attain the knowledge of difficult births, it is necessary to form a just idea of those that are natural.

The time of the natural birth is from the 15th day of the 9th month, to the end of the 30th of the same; yet some women affirm it may be sooner or later. Hoffman says, the usual time is nine solar months; and Junker, that excretions from the uterus being by women referred to certain lunar phases, they reckon their going with child by the weeks, and that they usually exclude the fatus forty weeks from the time of their being with child, commonly on that very day they were used to have their menses.

The signs of an approaching birth are, a remark-

able descent of the womb, and a subsidence of the belly; the head of the fætus falls down to the orifice of the womb and presses upon it: The orifice of the womb dilates by the weight, and the Chorion and Amnios being driven forward with the waters they contain, form a kind of a pouch or bladder at the said orifice, which should be suffered to break of itself, or at least it should not be burst till the woman is really in labour. There is a flux of a whitish matter from the said orifice: Pains which extend from the loins and groin towards the genital parts: There is a frequent desire of going to make water or go to stool, or continual Tenesmus: A flux of the waters from the membranes which contain the child, immediately before the birth, or more early: A trembling of the lower joints. Sometimes the head aches, and the face looks intensely red.

The infant gradually advances, the above protuberance continually enlarging the passage, that the crown of the head may be felt; the birth is then advanced one third, and the midwife may now assist the exclusion. However, nature alone would now do the work. When the infant is advanced forward, as far as his ears, he is said to be in the passage. If the membranes are not already burst, they may now be opened, and the waters, by their effusion, will render the vagina slippery, and promote the exclusion of the infant. When the child is born, the midwife should lay him on her knees, so as to give issue to the waters from the mouth, if any has been imbibed. Soon after the placenta appears of itself, if not attached to the uterus; if otherwise, the midwife must separate it gently, by introducing her hand.

The navel-string must now be cut, having first made a ligature as well on the child's side as the mother's, to prevent a hæmorrhage.

The midwife, at first, after having asked a few questions, ought to examine by the touch, with the fore and middle finger, having first paired her nails close. She must introduce them from time to time, to know the state of the uterus; and as the birth advances, she must relax the vagina by some oily remedy. The mother should regulate her throws, and use her efforts all at once, not divide them, especially when the head is advanced, that the shoulders may immediately follow, and the child escape the danger of strangling.

After the child is born, and the after-birth brought away, let a warm linen cloth be applied to the parts; but not so as to hinder the flowing of the lochia. An hour after, let the mother take a little oil of sweet almonds, to ease the after-pains, and let a cataplasm of oil of sweet almonds, and two or three new-laid eggs be boiled together, and laid to the parts, renewing it every six hours for two days. Fifteen days after the birth the parts may be bathed with an astringent decoction of red roses, balaustines, or nut-galls in red wine, in order to brace them.

If the labour is long and difficult, it will be proper to bleed to prevent inflammations, and to give a table spoonful of the Cordial Balm of Gilead every three hours; or with the addition of cinnamon water, or confectio alkermes, not forgetting an oily clyster.

A difficult birth may be caused by the mother or the midwife. The fault is in the mother, if, when the orifice of the womb is open, and the child rightly placed, she has not strength to expel the fætus, especially if the waters are come away, and the pains cease, or when the mother will not exert herself; or there is a natural fault in the genital parts.

In a defect of strength or pains, all else being right, a table spoonful of the Cordial Balm of Gilead every two or three hours, should be given, with cinnamon water, again and again, if the work does not go forward.

Stimulating clysters may be injected now and then, especially if the woman is costive. The midwife should also press back the Os Coccygis, which tends to excite the pains, and to ease the labour.

If the parts are over straight, as in the first birth, especially if the woman is not young, emollient liniments are to be used, and the parts must be anointed with fresh butter or oil, and to be dilated gently with the fingers. If there is a tumour, caruncle, or membrane opposing the birth, a surgeon's assistance is required.

The midwife is in fault when she hastens the labour before the time, when there are no true pains, when the orifice of the uterus is not open, which alone distinguishes the true pains from the false,

whence the woman is weakened, and both the mother and the child are in the utmost danger. Therefore the true time of birth must be waited for, the woman must be composed, and her spirits kept up with the Cordial Balm of Gilead; for nature may be led, but not driven.

If the fault is with the fætus, and the head is too large, or the shape monstrous, or the situation præternatural, then forcing medicines are fruitless and noxious; and the fætus is to be brought forth by the feet, by a skilful hand, whether alive or dead. The child must be turned and educed with the greatest caution.

If the feet present first, the midwife must be wary, lest there be twins, and lest she should take a foot of each. The feet must be wrapped in a dry napkin, and the child must be drawn gently, till the waist is in the orifice of the uterus. Then the infant's hands must be drawn down close by the sides; and if the nose be towards the os pubis, it should be turned towards the coccys, to prevent any obstacle. Then the orifice must be dilated with the fingers, and the woman's throws should assist the midwife's efforts to educe the child. If the chin is embarrassed, the midwife must disengage it, by putting her finger into the mouth, in order to turn it to advantage.

If the infant's head presents across, or laterally, it must be put back, and gently turned to its natural situation. If the shoulder presents, the same art must be used, though the difficulty is greater.

If the belly, hip, or thigh appears first, the child

must be extracted by the feet, and the mother must lie horizontally on her back. If one or both hands are directed upward, and lie close to the head, the case is not so bad as some apprehend; for they will keep the orifice equally dilated, till the head passes, and

prevent strangling.

of the abdomen, the breasts are flaccid, the infant bears on the lower parts of the pelvis, and the child, upon motion, rolls like a lump of lead. The bones of the skull are wrapped over one another, an ichorous lymphatic sanies flows from the uterus, and the mother is subject to fainting. There is no pulsation in the navel-string, and it is soft and indolent to the touch, and absolutely deprived of motion. If the placenta comes first, and is hot, the child is alive. Above all, if any part of the infant's body appears, and is full of small vesicles, livid, soft and brittle, it is not only dead, but beginning to putrify.

In these cases he must be extracted by the feet, and if it cannot be done otherwise, with an instrument; but a man-midwife's assistance must not be neglected.

When the fætus dies before the time of birth, and the membranes continue whole, it will not putrify; therefore the work must be left to nature, for birthpains will at length come on spontaneously.

If the navel-string first appear, and is compressed soon after by the head of the infant, its life is in danger; and the remedy is to return the infant, and reduce the cord, till the head fills the orifice. But if

this cannot be done, the woman must be put in a suitable posture, and the child must be extracted by the feet.

When the placenta first presents itself, which is known by its spongy, soft texture, and the great quantity of blood flowing at the same time, it requires speedy assistance. If the membranes are entire, they should be broken, the placenta and membranes should be reduced into the uterus, and the child be extracted by the feet, (which is more easily performed in the membranes than in the uterus,) and put into a proper situation. But if the placenta is disengaged from its membranes, and these are broken, and the placenta, or both appear before the infant, they may be brought away first, and the infant immediately afterwards.

When there is a great flux of blood from outward accidents, the infant should be immediately delivered by art, though the mother is not in true labour. If the uterus is opened, and the vagina relaxed, as in this case they commonly are, the child must be extracted by the feet. If not, they must be mollified with fresh oil, and the infant delivered as before.

After all laborious births, the woman is generally weak and apt to faint; therefore her spirits should be kept up by the Cordial Balm of Gilead, which must be repeated as often as there is occasion.

If, after the child is born, the placenta does not soon follow, and it adheres to the womb, the woman is not immediately to change her posture; but the midwife's hand is to be introduced into the womb as

far as the placenta, taking the naval-string for a guide; and taking hold of it, she is to move it gently to and fro in order to loosen and extract it. If it adheres too closely, it is not to be pulled forcibly, or broken; for it generally produces an inflammation, gangrene, or bad fevers, particularly the miliary. It will be therefore best to wait half an hour, keeping the hand in the uterus, for fear of its closing, till it comes away of itself, or may be separated without force. If the patient is very weak, she must take comfortable broths, till she is a little recovered, and then if the placenta does not come away with the after-pains, you must proceed as before. If through the unskilfulness of the midwife, the orifice of the womb closes before it is brought away, aloetic pills must be taken morning and evening, which will soon yield relief.



# THE TURN OF LIFE.

The menses generally cease to flow between forty and fifty years of age, which renders this period very dangerous, as it lays the foundation for many future diseases. The great discharge that this produces, by so copious a drain being taken into the habit, without previous preparation, is the sole cause of this danger.

The more slowly and gradually this salutary evacuation is diminished, the less the constitution is exposed to disorder, on its final determination. It is therefore always advisable to take proper steps to prolong its continuance, and secure the system from an abrupt and hasty departure.

All women are more or less sensible when this period arrives, and should take care of themselves accordingly; for when the menses are about to go off, they appear for the most part irregular, both in time and quantity; once in a fortnight, three, five, or six weeks;—sometimes very sparingly, at other times in immoderate quantities. For want only of necessary care and attention during the time the menses thus dodge, and give symptoms of their departure, many complaints ensue; among which are colds and chills, succeeded by violent flushings of the face, and heats of the extremities; restless nights, troublesome dreams, and unequal spirits; inflammations of the bowels, spasmodic affections, stiffness of the limbs, swelled

ancles, sore legs, with pains and inflammation; the piles, and other symptoms of plenitude. But all this might be easily prevented, by attention to a due regimen, and taking this truly valuable Cordial as frequent as occasion may require.

When a woman suspects her menses are about to leave her, let her take a (dry) vomit, and make a decoction, by taking gentian roots, one pound, senna and orange peel, of each half a pound; pour upon them a gallon of hot water, and after it has stood twenty-four hours, pour off the liquor for use. Let her take from two to four tea-spoonfuls of the Cordial Balm of Gilead in a gill glassful of the above decoction, every night and morning for ten days; then let her continue it every morning for ten days more, and afterwards every two or three days, or oftener; she is likewise to take a dose of gentle physic twice a week. This course must be followed at every spring and fall for a month or six weeks successively, by all women who find their menses dodge, or come sparingly, until they entirely cease.

If they flow too abundantly, and produce a flooding, the patient must be kept as much as possible at rest, with her head low, until the medicine has had time to take effect. Let her diet be spare, but not too lax:—The following will be of great service.

Take conserve of roses an ounce: astringent saffron of iron, two drachms; and oil of cinnamon, six drops. Mix these into an electuary (which may be made up by an apothecary, if the recipe be sent him) and take the quantity of a large nutmeg every day at noon, for six, eight or ten days, or longer, as the urgency of the case may require, drinking immediately after it one table-spoonful of the Cordial Balm of Gilead in a wine glassful of warm water: the flooding by this means, will gradually abate, the feverish symptoms will go off, the back will be strengthened, the womb-vessels cleansed, and the patient wonderfully restored. After the tenth day, in most cases, the electuary might be discontinued, and the Cordial Balm of Gilead, from two tea-spoonfuls to one table-spoonful and a half, taken according to the constitution of the patient, to prevent a relapse.

It is evident that the intention of nature in returning this flux back into the habit, is to nourish and preserve life, not to destroy it .- Until the age of puberty, girls require this blood for the sustenation and nourishment of their bodies; when that is sufficiently established, it is applied to the purpose of nourishing the fœtus, and of suckling the infant. When child-bearing subsides, and the eve of life comes on, the flux is returned back to comfort and preserve it; therefore if women were careful to observe a regular course before this flux returns upon them, by adopting the methods I have prescribed, and by taking this medicine at spring and fall, for two or three years previous to the time, they might not only escape the perils and dangers attendant on this period, but would lay the foundation of a settled state of life, and enjoy a sound constitution of body, to extreme old age.

It is a just observation, that those who grow up very fast, are generally sickly, and seldom live to a great age. The prime of life draws very soon towards the verge of declension, which stage, like their youth, is equally rapid in its progress. Quick growth draws out and elongates the fibres and vessels to a greater extension than the vital powers can nourish and support; hence the constitution becomes weak and relaxed. This error in the procedure of nature should be remedied, if practicable, by the cold bath, and the Cordial Balm of Gilead.

Female organs of generation are certainly more complicate than those of men; but from their peculiar delicacy and different structure, are subject to diseases, which men, in regard to the sensation thereof, must be totally strangers to.

This consideration will naturally inspire man with a tenderness and compassion, for the many weaknesses and complaints they labour under; at the same time it will excite in his breast an ardent desire to aid and protect them on all occasions, as the objects of his felicity; and tenderly preserve them, as the plantations of mankind.



#### ON THE

# VENEREAL DISEASE.

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That infection of the human body, which goes by the name of the Venereal Disease, may properly be distinguished into two kinds, considerably different in their nature.

The first kind that, when the infection is local, and the effects confined to one part of the body, producing a disease there, which has a certain progress of crisis; after which it gradually abates, till the body is entirely freed from it. This is by practitioners called a gonorrhæ, but by most of mankind a clap.

Previous to my entering upon the principal design of this Treatise, it may probably not be unentertaining, to give a concise account of the origin of this most dreadful malady, which has made such dreadful havock in this country since its first appearance amongst us; and this I shall do in a manner different from any other who has ever treated of this pernicious disease.

In the reign of Henry the seventh, a Genoese, mariner of an enterprizing genius, and of extraordinary skill in navigation, applied to the king for two or three vessels well equipped to attempt to explore a country westward beyond the Atlantic Ocean, which he was confident, he said, of effecting, if properly encouraged, promising that whatever acquisition was made, should be subject to the king, and annexed to the crown of England. Henry having considered the proposal, either not supposing the project feasible, for want of proper spirit, or from a parsimonious disposition, which was his principal foible, rejected the Genoese's proposal. This foreign adventurer finding no encouragement in England, immediately embarked for Spain, and making the same proposition to Ferdinand and Isabella, the then reigning sovereigns there, received every encouragement and attention his most sanguine expectation could suggest; was supplied with such vessels of force as he thought expedient for carrying his undertaking to effect, and in short succeeded in making a discovery of Mexico and Peru, the southern part of the continent of America; which have ever since been annex. ed to the crown of Spain, and from whence the Spaniards have imported such immense wealth, together with the baneful disorder which is the subject of this treatise, as must have been first brought into this country, had Henry embraced this adventurer's proposal .- This disorder has had the denomination of the Morbus Gallicus, on account of the French havmeans communicated it to the English; but in fact the Spaniards were the first propagators of it in Europe. This disorder is universal amongst the inhabitants of Mexico and Peru, and is not attended with such dreadful symptoms in that warm climate, as is experienced amongst us in this cold region.

The natives of that country from whence it originates, experience so little inconveniency from this disorder, that they give themselves little concern about it, having a plant which is found to be a specific for the cure of it. The celebrated Dr. Boerhaave, professor of physic at Leydon, procured, from a Spanish nobleman who resided several years as governor at Mexico, some of the plants, which he propagated in the physic-garden belonging to the university, and which he made use of for the cure of this disorder, it is said, with success; and if that be the case, it is extraordinary it has not been introduced into the physic-garden at Chelsea. The same nobleman informed the professor, that a tradition prevails amongst the inhabitants of America, that the disorder first originated from the venomous bite of a serpent, the malignant effects of which has spread for centuries past through the greatest part of the inhabitants. This pernicious malady was not known through the extensive country of Russia, till Peter the Great, as he was styled, came over into this country, where he continued some time, to inform himself of the English manner of building ships, and upon hisreturn found that his attendants had introduced into his country a new disease, which till then they were strangers to; but which now is spread through every part of that extensive empire. I thought it necessary to mention the above particulars, as being very little known to the generality of readers.

When this baneful, dire distemper, first showed its pernicious effects in this country, the gentlemen engaged in the profession of physic were so little acquainted with the nature of it, that it baffled their utmost skill and application; and even the great Sydenham, stiled the prince of physicians, was at a loss in the treatment of this malady.

It was supposed that its baleful influence was communicated, like the plague, through the medium of the air, wafting the myasma within the sphere of such persons as were liable to receive the infection by inspiration, and that it might propagate the infection by the breath; as a confirmation of this prevailing opinion, we find in the history of England, that one of the charges against Cardinal Wolsey was, his presuming to approach the ear, or appear in the presence of his royal master, Henry the Eighth, when he was infected with this malady: but future experience convinced the gentlemen of the faculty, that this was a groundless suggestion, and that the virus, however malignant, could be communicated only by contact.

It is necessary to make an observation, that scarce any other person has ever made; that it is found by

the experience of such as are engaged in medical practice, that the virulence of the disorder in this country, has abated considerably during the last thirty or forty years; which is happy for the present and succeeding generations.

A clap is simply a running, or discharge of matter, occasioned by connexion with a female, but without sore or swelling; and may generally be cured in two or three weeks from the first infection, the running being an effort of nature to free herself from the infection. In this case the patient should take the pains of observing a strict regimen with regard to eating, drinking, and exercise, in order that nature may not be obstructed or disturbed.

The other case is, where the venereal poison is mixed with the general mass of fluids, showing its effects in different parts of the body, and this is the real venereal disease, and is most frequently called the pox.

In this case, nature does not make any effort towards a cure; on the contrary, the disease is continually gaining ground, till checked by art, and shows the necessity and benefit of medicine, more than other diseases to which the human body is liable.

This disorder makes a more rapid progress in some constitutions than in others; especially when the infection gets into a constitution disposed to, or already affected with, a consumption, as it readily fixes upon the lungs, and often proves fatal.

When the venereal virus is suffered to remain in the body some time, the whole mass of fluids seems to be corrupted with it; in which case, an accidental scratch or wound happening in any part, degenerates into very bad spreading sores, which daily become larger, till checked by medicine, a proper regimen, and diet.

In cold climates and cold seasons, the venereal disease is more severe in its symptoms, quicker in its progress, and more difficult to cure than in warm ones.

Those parts of the body most exposed to cold are most liable to be attracted by the venereal poison, the parts of generation excepted; so that venereal sores most frequently show themselves in the throat, face and nose, and the swellings of the bones almost always happen in those of the head, collar and shins; in all which parts the bones are more thinly covered with skin and flesh than in any other.

Some people who have gone through a proper course of remedies, in this country, without success, have been cured by continuing the same remedies in a warmer climate.

Caution is necessary, to distinguish between curing the disorder, and only making the symptoms remove; for a slight application of mercury outwardly, will drive a symptom from one spot, and fix it in another, or drive the infection into the constitution. Thus, when a bubo is repelled by mercurial ointment rubbed into it, or a mercurial plaister laid over

it, sores in the nose or throat commonly show themselves immediately after; also, if a phymosis, or paraphymosis, is improperly suppressed, a bubo is the
consequence; and when a running is stopped by improper injections, by violent exercise, cold, or feverish disorder happening to the patient, swelling of
the testicles or buboes are very commonly the consequence. Hence the external application of mercury
to a venereal swelling or sore, is absolutely forbid;
except when the constitution is sufficiently guarded
by internal remedies.

Venereal infection is not only communicated by coition; but also by the application of the venereal matter to any part of the body, on which the skin is thin, tender and moist, as the lips, tongue, inside of the mouth, inside of the nose, and inside of the eyelids; or by the application of the same to any accidental scratch, sore or wound, on any part of the body.

When the matter discharged from a venereal sore, or the running from the urinary passage, comes in contact with any of the soft parts abovementioned, and is suffered to remain there for some time, it either produces an inflammation and sore in the part to which it is immediately applied, tainting at the same time the general mass of the fluids, or without making any visible impression in that part, is sucked in by the vessels, and by producing its effects in some more distant parts, shows that it had infected the general mass of fluids.

The effects which it produces on the urinary passage, are different from both those just described: it seems there to produce an inflammation and discharge of a considerable quantity of matter, without

making any sore.

Upon the abovementioned principles it is, that infants are infected, by sucking a nurse who has venereal sores about the nipples; and in this case, the infection being communicated by the mouth, the bubo happens in the neck: also nurses are infected by giving suck to a child who has a venereal sore about its mouth; and as she receives the infection about the nipple, the bubo is in the arm-pit.

From all these considerations, the necessity of carefully washing the nut and foreskin in a running, and of washing the hands after touching any venereal matter, is evident; and also that this disease may be contracted very innocently, and without con-

There is, however, much difference respecting the violence of infection, or the aptness to catch it; which depends either upon difference in the general constitution, or in the state of the skin on the private parts. Thus, of several persons having connexion with the same woman, one shall have only a mild running, easily cured, and another shall have a sore, bubo, or other symptom of a confirmed pox, without any running, or previous warning of the infection, and this without their having used any particular precaution. The same person also may

have connexion with an infected woman at one time and entirely escape, and at another time shall be infected.

No probable account can be given why mercury is so powerful in this disease; it cannot be said to cure by sensibly evacuating the noxious matter out of the body, for the cure takes place much better than when the mercury occasions no sensible evacuation than when it does.

Under the use of mercury in any shape, the body wastes a little, the strength is somewhat reduced, the gums and teeth are sometimes in pain; gold and silver carried in the pocket, or worn upon any part of the body, are discoloured: the constitution is at the same time rendered exceedingly open to the effects of cold, and in cold weather, if some care and attention be not paid to this circumstance, the patient is liable to rheumatic pains, or is seized with looseness, attended with gripes, or perhaps is thrown into salivation, which would otherwise have been avoided; but it has not been ascertained, upon any good ground, that mercury, used in a proper manner, ever produces any permanent bad effects upon the constitution.

A supposition has been unhappily entertained, that mercury cures only by producing a salivation; and on this account, patients have been kept for months together under that dreadful operation, the treatment under which is alone sufficient to hurt a strong constitution, supposing not a grain of mercury to have been used.

Mercury, it should be observed, heals up the sores, and takes away the appearances of the disease, before it has entirely eradicated the infection from the constitution; therefore, it is a remedy which ought not to be left off too soon. For want of this caution, many suffer; for, thinking the cure perfect on the first disappearance of the symptoms, the remedy is left off; from this time the remaining poison begins to gather force again, and shows itself sooner or later, and the same course of remedy is again pursued; the same fault is again committed, and the same unhappy effects again follow. In this manner the disease goes on, alternately checked and gaining ground, for perhaps several years, and at length very much impairs, if not entirely ruins, the constitution. In the use of the remedy hereafter recommended, the patient is therefore particularly required to attend to the time. prescribed for continuing its use.

A clap or running, admits of a speedy and certain cure in ordinary constitutions, but is frequently rendered tedious and destructive by the following circumstances:—The patient, from a want of self-command, from a desire to conceal his malady, or from an opinion that it is slight and of no consequence, will not pay the necessary attention to regimen and medicines, or, from his peculiar situation and circumstances, cannot. But without some attention to these, according to the symptoms and virulence of the infection, it is in vain to expect a cure.

THE REMEDY HERE RECOMMENDED IS NOT MERCURY, but a preparation intimately combined with the most powerful and essential parts of other anti-venereals, which render it at the same time perfectly safe to the constitution, and efficacious in the different stages, and various symptoms incident to this disorder.

The CORDIAL BALM of GILEAD, if taken after the following manner, will most assuredly effect a cure, even in the worst of cases. The afflicted may rely on the Doctor's word of honor, that there is not the least particle of mercury, antimony, iron or lead, in this wonderful preparation; or any mineral whatever, except gold. Any chemist may, or can discover whether there is or is not mercury in this, as well as any other medicine.

In a running, unattended with any sore, swelling or inflammation, mercury is NOT necessary to a cure; and if attention is paid to cleanliness, and the following directions, it may generally be carried off in a fortnight.

A clap begins with a running, at first of a white or yellowish colour, and is generally attended with a pain or scalding in making water. In this sort of the infection, the Cordial Balm of Gilead alone is found sufficient: however, if the pain in making water should be very troublesome, it will be adviseable to drink freely of some small drink, as tea, milk and water, whey, small beer, or water alone. It sometimes happens that the pain in making water is very

great, and the patient wishes to alleviate it speedily: In this case,

Take Gum Arabic, one ounce; Sal Prunella, half an ounce:

Dissolved in three pints of barley water, and drink of it several times in the course of the twenty-four hours, or as long as the scalding continues. Or if an electuary should be preferred,

Take Lenitive Electuary, three ounces; Sal Prunella, an ounce; compound Powder of Tragacanth, an ounce and a half; Syrup of Marshmallows, enough for an electuary.

The size of a chesnut to be taken three or four times a day.

The most softening kind of drink is to be preferred, as linseed tea, or a decoction of marshmallow root; but strong liquors of every sort should be avoided.

The Cordial Balm of Gilead will, in most constitutions, keep the body as open as necessary or proper, (brisk purging being hurtful). If, however, the body should be actually bound, the size of a nutmeg of lenitive electuary may occasionally be swallowed, or mixed in any small drink thrice a-day; or instead thereof, an ounce of salts may be substituted.

THE CHORDEE. A chordee sometimes attends a clap, occasioning great pain in the course of the night, when the penis is erected. If this symptom should be very troublesome, rub a little strong mercurial ointment well under the penis, the whole

length of the urethra: a warm poultice of bread and milk, with a little sweet oil, or lard, is a useful application every night, but may be omitted if inconvenient to prepare. Should these fail, a little opium may be added to the *injection*, No. 1, hereafter recommended.

The pain and inflammation frequently increase for a few days after the appearance of a clap, but the Cordial Balm of Gilead will most assuredly extirpate the complaint in a reasonable time.

After the pain and inflammation are abated, the running will gradually diminish, and when the parts have had time to recover their natural strength, entirely disappear. If it should not, twenty or thirty drops of Balsam Copaivi may be taken thrice a-day, on a lump of sugar; the patient may also go into the cold bath every other day, or inject some lead water into the urethra five or six times a-day. The best INJECTIONS that can be used are,

- 1. Acitated ceruse, five grains; dissolved in rose water, four ounces: Or,
- 2. White vitriol, five grains; rose water, four ounces: Or,
- 3. Both these injections may be mixed together.

The penis must always be kept clean with warm water. This method I have generally known to succeed in six, eight, or ten days.

#### SECOND STAGE

OF THE

#### VENEREAL DISEASE.

Here there is an absolute necessity for the use of mercury; therefore—a formula is hereafter given, which, by being combined with this salubrious Cordial, will most assuredly effect a cure in the most deplorable cases, even of a confirmed lues; yet the medicine, if given without the Cordial Balm of Gilead, has been known to fail in almost every instance, so great is the power of a due combination in medicine. In this the peculiar province of a physician consists. It is his business to conjoin those ingredients, which alone or taken separately, would prove inert or nugatory; yet, when combined with medical acumen, are pointedly directed, and attain energy sufficient to remove the respective disorders.

The effects of due combination are beyond measure astonishing. "We may assign sufficient reasons," says Dr. Marryatt, "why two powders, separately inodorous, when combined, possess the acutest pungency; or why two liquids perfectly cold, as soon as united take fire and burst into a flame, even in the exhausted receiver of an air pump. In the

human body there are so many chemical processes carried on, and such a variety of operations of nature, that the utmost limits of our knowledge of the modus operandi seem to terminate in probability—such a combination has produced such an alteration—it is highly probable that such a cause may produce the same effect: as for instance, I have seen a great number of cases, wherein the asafoetida has been given in large quantities, and for a considerable time, to no purpose; when joined with a chalybeate, it soon had the desired effect.

"A person labouring under an angina pectoris, wheezing, snorting, and struggling for existence, after every respiration, in inexpressible agonies, was entirely relieved from his distress in a few minutes, by half a grain of opium combined with the same quantity of cantharides, though opiates had been given before with aggravation of the complaint.

"Opiates exhibited alone, will often disappoint the practitioner; combined with quicksilver, or an antimonial, or both, as the exigency of the case may require, will almost immediately answer the end designed. The same medicine joined with kali, cantharides, ipecacuanha, or even chalk, according to the intention and skill of the prescriber, will take an incredible effect.

"The bark, that magnum Dei donum, as Dr. Mead calls it, is too often trusted to alone, and with scanty sauccess; combined with ammonia, or kali, or nitre, or iron, or opium, according to the case,

will prove a sovereign remedy. Quicksilver itself, requires sometimes rhubarb, and sometimes opium, to assist its operation and efficacy; so also it is wonderfully assisted by the Cordial Balm of Gilead. Guaiacum may be given in large quantities, dissolved in compound spirit of ammonia, and will soon free the patient from his pains. The tartarised antimony, I have lately observed, has, in many cases, a much better and quicker effect, when combined with wine, than in any other form".

Hence it appears evident, that the following combination of the Cordial Balm of Gilead, and the Muriatic Quicksilver, prove as powerful and efficacious a remedy as has ever yet been introduced into practice, in all cases where there is reason to suspect that the venereal infection has entered the system; which now, for distinction's sake, is called

#### THE SIPHYLITIC CORDIAL.

Take of Muriatic quicksilver, ten grains; dissolve in Muriatic acid, ten drops; to which add one bottle of the Cordial Balm of Gilead.—[This is another proof that there is NOT mercury in the Cordial Balm of Gilead; if there was, what necessity would there be to add muriatic quicksilver (which is mercury) to mercury?]—The dose is from one to two teaspoonfuls two or three times a-day, in any common liquid.

The expence of the above ingredients is very trifling, and any druggist or apothecary will do it in a

few minutes; or the Muriatic quicksilver, and Muriatic acid, may be sent for, and added to the Cordial Balm of Gilead, at the patient's own house, which will prevent a discovery what the medicine is intended for.

This is certainly as powerful, pleasant, safe, and efficacious a medicine as can possibly be devised, for every degree of venereal infection, and ought certainly to be persevered in, until there is every reason to believe that the taint is subdued.

The only secret in the management of this medicine is, to give it in such a manner that it may act beyond the prima viæ, and not run off by stool; there is then no desirable effect which may not be expected from it. One motion in the twenty-four hours is natural; one may be produced by the Cordial; but if the patient should have more than two in a day, let the dose be diminished to 20, 15, or 10 drops.

A running continuing beyond four weeks, swellings of the foreskin, swelled testicles and warts, for the most part indicate that the infection has entered the constitution.

Buboes, sores on any part of the body, scabs or spots on the skin, pains and swellings of the bones, head-achs, deafness and sore eyes, when supposed to proceed from a venereal cause, are universally allowed to be certain signs that the constitution is infected.

A running, which has continued (under whatever treatment) more than four weeks, being still of a yellow or green colour, or of the colour of matter,

and attended with a greater or less heat of urine, is to be treated as above, and the Siphylitic Cordial taken as before directed.

A SWELLED TESTICLE is generally occasioned by great exercise, as jumping, running, or walking too briskly, or by cold bathing while a clap continues, or by exposing the private parts to the cold more than is necessary, or by drinking inflaming liquors; sometimes by strong purges. It being the most painful and dangerous symptom attending the disease, the greatest care should be taken to remove it. The testicles must be supported or bound up with a linen truss or bandage; if the patient is of a full habit, bleeding will be proper; the diet in this case should be as low as possible; no exercise whatever must be used, even standing up is hurtful; it will be requisite to lie down as much as possible. The following fomentation will be serviceable:

Take of Acetated Ceruse, a scruple; of water, a quart: shake them together, and foment (as warm as the patient can bear with ease) the swelled parts with flannel frequently, for some time together: after each time of fomenting, apply a warm poultice of white bread and milk over the whole private parts, and take the Siphylitic Cordial regularly.

The following vomit should be taken as soon as

possible:

Take of ipecacuanha, fifteen grains; calomel, five grains: mix them. If it should not operate, it must be repeated.

If the patient, in a former complaint, has been troubled with this symptom, he should not neglect to keep the testicles supported while a clap continues, as the swelling is apt to return: if he cannot conveniently procure a linen truss, a slip of linen, or one handkerchief may be tied round the waist, and another brought underneath to support the testicles.

BUBO,

OR

# SWELLING IN THE GROIN.

If a bubo has not risen much, it may generally be dispersed by rubbing well the size of a horse-bean, or half the bigness of a nutmeg, of strong mercurial ointment, into the thigh, underneath the bubo, but not upon it, three or four times a day, taking the Siphylitic Cordial regularly a fortnight longer, after it is dispersed.

If, however, it is sufficiently ripe, omit rubbing in any ointment, for it will burst of itself; then gently press out the matter, and put a warm poultice over it; or foment with warm water, and apply a little mercurial ointment spread on linen, to the opening twice a day. Always before it is dressed, press

poultice must never be used more than once in any case. The poultice need only be used a few days after it bursts; or if that is inconvenient, four or five folds of linen may be put over it in its stead, first applying the ointment. If proud flesh should spring up, a very little red precipate put into the ointment, will consume it. After it has been open about a fortnight, it may be healed up with a little cerate spread on lint. The Siphylitic Cordial must be taken during the time.

When the nut of the penis is swelled or inflamed, the fomentation ordered for a swelled testicle will soon reduce it, if frequently used for a quarter of an hour together, after which a warm poultice of bread and milk may be applied. Sometimes the foreskin is so much swelled, that it cannot get back to uncover the nut; this is called a Phymosis, and is to be treated as just mentioned; the patient must frequently en\_ deavour to get the foreskin back very gently, while using the fomentation, but never use the least force. When it goes back, the parts affected should be smeared with the ointment ordered to disperse the swelled groin, afterwards letting the foreskin go over the nut again: this and the fomentation should be repeated several times a day, till the swelling and inflammation are perfectly subdued. Sometimes the foreskin swells and inflames behind the nut, and cannot be got over; this is called Paraphymosis, and requires the same treatment as a Phymosis, always endeavouring to get the foreskin over the nut with great gentleness, as the least force will be very injurious. The Siphylitic Cordial should be taken a week after all the symptoms have disappeared.

## CHANCRES, OR ULCERS.

It will be proper to dress chancres twice a day, with the following ointment, spread on lint:

Take of mercurial ointment, half an ounce; of red precipate, fifteen grains; water of acetated litharge, half a drachm: mix them together.

Always before the sores are dressed, the matter must be clean wiped off, then suck up the moisture with a bit of lint, afterwards wash with warm water, or dip the whole penis in a bason of warm water, for a few minutes: and take the Siphylitic Cordial regularly after the existence of chancres; and for a week or more after they are healed, to secure a sound and permanent cure.

## A CONFIRMED POX.

The symptoms are violent pains in the bones particularly those of the head and shins, which are always most painful when in bed. Ulcers will frequently attack the genital parts, also very low down

in the throat, and from thence creep by the palate to the cartilage of the nose; sometimes scabs and scurfs appear in various parts of the body, which are as yellow as a honeycomb, and which distinguishes them from all others. The cure depends upon the Siphylitic Cordial\* being taken regularly, a tea-spoonful of which may be taken every night or morning, in tea or milk.

Ulcers on the genital parts must be dressed with the ointment as before directed for chancres.

During the cure of the venereal disease, if the patient catches cold, a soreness of the mouth and gums will sometimes happen, which, however, is very seldom the case if the Siphylitic Cordial be taken, which does not act in general as other mercurials do. It may be purged off by taking a teaspoonful of flower of brimstone night and morning, instead of the Siphylitic Cordial, till the mouth is

\* In "Duncan's Annals of Medicine, for 1796", Mr. Scot gives a succedaneum (originally sound out by M. Four-croy) for mercury in the nitrous acid. I have repeatedly tried it with great success; I mixed a drachm of the best I could procure, in sour ounces of water, and then added one bottle of the Cordial Balm of Gilead to it. Of this mixture the patient took one table-spoonful three or sour times a day. I sound its effects assonishingly efficacious in curing nocturnal pains, venereal ulcers of the worst kind, and most of the symptoms attendant on a confirmed lues. I think it my duty to recommend it, for it cannot be too generally known. In scrosulous cases, scurvy, and in consumptive and asthmatic complaints, its virtues are assuredly great.

recovered. A dose of salts, or 20 grains of jalap, may be taken every morning while the soreness of the mouth continues. If it rises while rubbing in the ointment for a swelled groin, it must be discontinued; but chancres and inflammations must continue to be dressed as before directed. When the mouth and gums are well, the Siphylitic Cordial must be taken again, and the purging medicine left off.

For ulcers in the throat, the following ASTRIN-GENT GARGLE is very beneficial:

Take oak bark, one ounce; water, a pint and a half: boil it till the strained liquor will be one pint; to which add, alum, one drachm; honey of roses, one ounce; tincture of gum-lac, half an ounce; and best vinegar, four table-spoonfuls.

OR,

The throat may be fumigated with a drachm of factitious cinnabar, thrown upon a hot heater, (not red hot), and the fume received into the throat through a common funnel turned upwards, that the bottom may cover the heater, and the smoke ascend through the tube.

Sometimes venereal sores, particularly those made by buboes, will, instead of healing, grow worse under the use of common mercurial preparations; but this will very seldom, if ever, be the case, when the Siphylitic Cordial is taken, and attention paid to the above directions.

A most wonderful change is frequently wrought upon sores, by removing the patient from a great

bility, imputed to the air; but to whatever circumstance it may be owing, it is certain, that a great many sores, the consequences of the worst kind of wounds and fractures, which could not be cured in some of our most celebrated hospitals, have been healed surprisingly soon, when the patients have been taken into the country. Therefore, Dr. Solomon has fitted up apartments in his own house, which is situated in a pleasant, healthy part of the town, for the reception of his patients.

Relative to regimen in venereal cases, I shall make one general observation. Let temperance be your guide in health: let temperance be your guide in sickness. Eat and drink whatever suits your appetite and inclination; but take care not to pall its relish. Follow the dictates of nature and conscience in all your pursuits, which will ever point out to you the true road that leads to health and felicity.

Though there is no disease incident to mankind which appears in so many different shapes, and requires so much skill and ability in the management thereof, as the venereal, yet it is no small evil, that the poor victims of this cruel complaint, which saps the foundation of their existence, fall also a prey to a set of miscreants, who pretend to cure them of a disease, of the various stages of which they scarcely know the name, much less what remedies are applicable to each particular symptom. The inviting language they hold out, allures the unguarded stranger.

They pretend to do their jobs " no cure no pay", whilst at the same time the ignorant and afflicted person is deluded out of his money, and his health destroyed: that money which would have been sufficient to have obtained a radical cure, from an experienced practitioner is squandered upon a worthless miscreant, and the miserable patient, after vainly seeking for a remedy, loses, in the fruitless search, that TIME, every moment of which the disorder is gaining ground; he is left to perish a miserable victim to ignorance, rapacity, and cruelty, and to lament, during the rest of his painful existence, his own folly and credulity! Such is the state of many young men, who would otherwise have been useful and valuable members of society: instead of which, they drag on an unhappy life; every day brings with it a year of pain and trouble, and they fervently pray for the hour of dissolution.

A celebrated writer has observed one particular consequence, either originating in this disease, or from the general mode of treatment it meets with, is, that when the patient has been any length of time afflicted, he is seldom satisfied whether he has received a radical cure, and is apt to imagine that every pain, or every pimple arising upon the skin, is a proof of the disorder not being eradicated. The following, therefore, will doubtless be highly acceptable to such persons.

Annal for remarkably twee veneral dictes from process

#### PROPER INSTRUCTIONS

to persons doubtful of the true difference between

# VENEREAL SYMPTOMS,

and those often mistaken for them.

This is the most important article that can be recommended to the attention of any person who has ever been infected with this disease; for it commonly leaves such a depression upon the spirits, particularly when large quantities of mercury have been administered, that the patient is either driven to despair, or forced into the hands of ignorant pretenders, who put him under treatment for a complaint, of which, probably, he had not the least symptom.

All eruptive disorders of the skin, if they happen without manifest cause, and obstinately refuse the force of medicine, are signs of a venereal taint; but must be distinguished from disorders of the skin, which are critical and not venereal; or from yellow or livid scorbutic spots, which abound most where other marks of a confirmed scurvy appear.

Ulcers of the throat, nose, palate and gums, with rottenness of the bones contiguous, are often observed in an inveterate pox; but to distinguish these, it must be remarked, that venereal ulcers first attack

the tonsil glands and throat, then the gums, but more rarely so: whilst, on the contrary, scorbutic ulcers first attack the gums, and afterwards the throat.

Venereal ulcers frequently seize the nose, with a rottenness of the subjacent bone; but scorbutic ulcers seldom, of ever.

Venereal ulcers corrode, and form cavities; scorbutic ones shoot out spongy excrescences, or proud flesh.

Venereal pains are generally increased by the heat of the bed; whilst those of the scurvy, gout, and rheumatism, are eased thereby.

Venereal pains are chiefly confined to the solid or middle part of the bones of the legs and arms; scorbutic ones, to the joints, and membraneous parts of the body.

Venereal pains will not yield to common medicines, but others are removed by flannel or warm weather.

If a deep-seated, violent pain, has occupied the same part for a considerable time, obstinately resisting all remedies; or if the patient has been seized with a chilliness for several evenings together, succeeded by a feverish heat, and sweats towards the imorning, they are signs of a latent pox.

If, after chancres suddenly dried up, a bubo repelled, or gonorrhœa restrained, by art or accident, i
the same complaints break out again, without fresh
cause, then it is evident the patient is poxed.

Buboes, warts, chancres, or other excrescences, after an apparent cure, without intimacy with a suspected person, are signs of the strongest infection.

There are certain symptoms peculiar to women in the venereal disease, as a suppression or overflowing of the menses; scirrhus or cancer of the breast; hysteric affections; inflammations; scirrhus ulcer, or cancer of the womb. They are frequently barrer; or if they bring children into the world, they are strumous, rickety, hectical, and emaciated, or perhaps half rotten.

But it is of the utmost consequence for them to distinguish a fresh venereal from the fluor albus or whites; for as the former is malignant and inflammatory, and the other commonly arises from weakness and relaxation, the remedies are directly contrary.

In the fluor albus, the discharge proceeds from the parts contiguous to the urinary passage, and continues whilst the menses flow.

In the fluor albus, the discharge is attended with pains in the loins and loss of strength, with seldom any inflammation or heat of urine, except a long continuance of the discharge, which becoming sharp, exceriates the surrounding parts. But in the gonorrhæa, the discharge is preceded by inflammation, itching, and heat of urine; there is a frequent irritation to make water, and the orifice of the urinary passage becomes prominent and painful.

In the fluor albus, the discharge comes on more gently, and may be produced from a variety of causes, as sprains, frequent abortion, long illness, or irregularity of the menses; but in the gonorrhæa it often appears suddenly, without any evident cause.

Lastly, the colour of the discharge in bad habits of body, is sometimes the same, viz. yellow or greenish, but is usually more offensive, and greater in quantity; whilst that of the gonorrhæa is attended with symptoms of weakness, as well as small in quantity. But if an inflammation or chancre happen to fix upon the vagina uteri, the question is then put out of all dispute, and the disease may safely be pronounced venereal.



### VENEREAL CASES.

## TO S. SOLOMON, M. D. LIVERPOOL.

Dear Sir,

My most grateful thanks are certainly due to you, for having, through your skill and advice, happily restored me from the brink of the grave, to which I had been reduced by a certain complaint, under which I laboured for above four years. It was in vain that I fought relief from an eminent physician at Carlifle, and other gentlemen of the Faculty, having also undergone falivation, which relieved me for a fhort time, but it foon returned upon me with worfe violence than before. My legs were swelled, and so painful as to make me cry out if they were only flightly touched. I had no rest at nights, my throat was ulcerated, and fo fore as to render me incapable of fwallowing any thing but liquids. The roof of my mouth was also affected, and the smell of my breath so offensive that no one could long stand near me. I had a violent pain in my head and ears, which at times made me almost stupisted, and my voice was fo completely altered that I was fcarcely to be understood. Under all these horrid calamities I laboured, when one of your books was left by chance at a friend's house, by a young man, belonging to the Ifabella, Captain Powe, of Workington, who had got it given to him at Liverpool. My friend brought this book to me, defired me to read it, and faid, if there is any man in England can cure you, it is Dr. Solomon. I accordingly perused the book, and found, among a variety of very great and extraordinary cures, one that surprised me

much; it was the case of my old acquaintance, Mr. Alexander Falkner of Ulverstone, whom you cured in 1793, of a very bad knee and the rheumatism. I wrote to him, and he advised me by all means to apply to you, for he was fure you would cure me. I advised with my friends, who entertained but a very indifferent opinion of advertifing Doctors; but my reliance on what my friend wrote, induced me, though contrary to the wishes of my family, to write to you and state my case. Your answer assured me, that, though bad as I stated my cafe to be, yet you had fucceeded in many a worfe; but that it was necessary that I should be under your immediate care. Accordingly, I came over to you in one of our Whitehaven floops: I began a course of your Siphylitic Cordial, and was under your care nine weeks, at the end of which time I returned home perfectly found. It is now five months fince I came home, during which time I am become strong and lufty. I, however, still continue the use of the cold bath as you directed. I can with heartfelt fatisfaction fay, I never was better in my life; and as a fmall token of my gratitude to you, for your great attention to me whilst you attended me at the Orange Tree, top of Tythebarn-street, Liverpool, please to accept of the inclosed Bank Bill for ten pounds. I affure you I shall never cease to be grateful; would have fent you more, but this long dreadful illness has greatly reduced my finances. Having some thoughts of altering my condition, induces me to intreat you not to publish my name in any of your books, but I shall be happy to fatisfy any individual you may think proper to refer to,

Dear Sir,

Your most obedient servant,

C. D.

E et baroflar gooi

A gentleman afflicted with a venereal complaint applied to feveral gentlemen of eminence in the profession, and was falivated, but to no purpose. In this disagreeable situation he remained near three years, and spent above 70 guineas without benefit; his legs were swelled, and his joints so painful, that he was not able to walk; the palate of his mouth was also affected; corrosive ulcers were destroying his throat and nose; and the smell of his breath became highly offensive. In this deplorable state he began to take Dr. Solomon's Cordial, and by perseverance therein, was restored to a state of health which he had not enjoyed for many years before.

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A gentleman, Mr. T---, going to Jamaica, about eight years fince, contracted a venereal complaint, and concealed his case during the voyage. On his arrival at Kingston, he applied to a furgeon, and obtained, as he thought, a cure; but in about three months after, it broke out again. Every method now proved ineffectual, and he returned to Liverpool, after a few years, in a very emaciated state. For near two years he regularly took medicines without the defired effect; at length, fortunately feeing an advertisement in the papers, about the "Guide to Health," he purchased one, by which he was induced to make trial of the Cordial Balm of Gilead, made into the Siphylitic Cordial, after the manner recommended in page 144 of this work, by which he obtained a radical cure in about ten weeks, without falivation or confinement, after being afflicted with this dreadful diforder for near eight years.

A gentleman and his wife at Wigan, being both affected with the venereal, having taken many medicines without being able to obtain a radical cure, was, by this celebrated medicine, foon restored to a found state of health.

A gentleman at Norwich writes, that having about three years ago contracted the venereal difease, he applied to an eminent gentleman of the faculty, who applied the usual mercurial medicines, and the symptoms soon disappeared; but he has ever since been afflicted with severe pains in the groins, yard and testicles, and also in his legs and seet; he took bark, used the cold baths, &c. without effect; is very subject to venereal dreams and nocturnal emissions, though not able to effect coition at times, and was much troubled with a tumour which appeared under his left jaw. This gentleman was in a short time restored by the use of the Cordial Balm of Gilead.

#### TO S. SOLOMON, M. D.

Solomon's Place, Liverpool.

Sir,

Better than a year and a half ago I had the misfortune to contract the Venereal Difease, which appeared by a running and fwelling in the right groin. On applying to a furgeon, he prescribed the usual medicines, mercury, &c. and in a few weeks the above fymptoms disappeared; but ever fince I have been afflicted with fevere pains in the groins and private parts, and likewife in the legs and feet. I have frequently complained to the furgeon, who has ordered me feveral things, as bank, cold bath, &c. but with little effect. He supposes it is a violent rheumatic, as I am very subject to catch cold. I am likewife very much troubled with venereal dreams, attended with a strong and involuntary flux of semen. Perhaps I should mention that I never could obtain the motion for procreation when awake, even at defireable and lawful feafons. This fummer I have been afflicted with a tumour under my right jaw, which I suppose to be scrophulous; it has long continued to discharge thin matter. Seeing a sew days since the advertisement of your Cordial Balm of Gilead, and on enquiry having

heard very great recommendation of it for the cure of various diforders, I felt strongly inclined to make trial of it, but do not know whether it would be proper in such a complicated case as mine. I have therefore taken the liberty of acquainting you with the above particulars, and requesting your advice. If you are of opinion that your medicine is likely to be of service, shall be glad of your answer as early as possible, informing me where it is to be had in Nottingham, as I wish immediately to make trial of it, and hope, by the blessing of God, it will be the means of restoring me to health.

Cured effectually by the Cordial Balm of Gilead.

#### TO S. SOLOMON, M. D.

Sir,

I have for many years been afflicted with the venereal disease, attended with several of the most dangerous symptoms, and have had recourse to the most famous published medicines, but without the desired effect. Thus driven almost to despair, I have been advised to apply to you: my friends considently tell me, if any man in England can cure me it is you, and that there is no medicine so applicable to my case as your Cordial Balm of Gilead. You will please therefore to send me a five guinea case of that medicine, and savor me with proper directions, which will confer an obligation on, &c.

T. C.

A patient at Dublin, in stating his case, says, that he has been afflicted with debility and lowness of spirits to so great a degree that he often wished for death to free him from his misery, occasioned by his having contracted the venereal disease, from which he could never imagine himself radically cured until he happily met with the Cordial Balm of Gilead,

which restored him to perfect health and tranquillity of mind, for which he acknowledges himself to be under the greatest obligation.

A patient at Leeds, having contracted the venereal disease about two years ago, which (not paying proper attention to his Doctor's prescriptions) was not cured for four or five months; soon after which he caught cold, and his testicles swelled greatly, and was troubled with a continual gleet, and very frequently with nocturnal emissions; a discharge of semen while at stool, and large sleshy lumps have appeared in the inside of the cheek. Thus situated, with very little hopes of recovery, he began a course of the Cordial Balm of Gilead, (made into the Siphylitic Cordial), and by a perseverance therein, with proper regimen, obtained a persect cure in about ten weeks.

A man and his wife at Biddeford, having the venereal difease upon them to a very great degree, which was heightened by continual connection, applied to the Doctor, and were both radically cured by this celebrated medicine in a very short time.

A person having contracted the venereal disease some years back, had ever since experienced a gleet or seminal weakness, having a discharge from the penis of a ropy matter, with dangling testicles, on which and about the fundament there was a continual hot perspiration, and which greatly weakened him. Having tried many remedies, and expended above 201. on the advertising Doctors at London, without effect, he was radically cured by the Siphylitic Cordial in less than a month!

# Copy of a Letter from a Gentleman at Litchfield,

TO DR. SOLOMON, LIVERPOOL.

Sir,

Upward of these two years past I have been afflicted with a most obstinate venereal disease, which has bassled the skill of the most eminent physicians. For eight months I was confined to my bed, and so reduced that my friends thought it impossible for me to recover. Having heard a great deal of your Balm of Gilead, I was resolved to try it, and am now happy to inform you that it has restored me to the blessings of health, and think it necessary to declare, that no other medicine ever gave me the smallest degree of relief.

W. D. I.

A patient, in communicating his cafe to Dr. Solomon, fays, that he contracted the venereal difease four years ago, and at the fame time began to practife that horrid and baneful habit of Onanism, which he continued for a very long time. The fymptoms it occasioned were a swelled testicle, which was as large as a hen's egg, and hard, which was extremely painful, and which he was obliged to keep up with a trufs; also a very violent cough, attended with much fpitting, fometimes of strong tough phlegm, and at others clear water; sickness and vomiting of a frothy and flimy matter; his eyes became dim, discharging a watery humour, with a white matter at the corners of them; a dangerous and alarming fwelling on the top of his breast close to his throat, the fize of a pigeon's egg, which was very painful, fo that he could fcarcely bear his clothes to touch it-alfo great pain in his limbs and head continually, with a noise in his head and ears-his mind confused and his memory weakened. From this calamitous situation the Cordial Balm of Gilead relieved him, and effected a complete cure.

### TO S. SOLOMON, ESQ. LIVERPOOL.

Sir,

Unfortunately, about the latter end of last Christmas, I had connection with a young woman, and two days after I found a running from my penis, and great pain in making water, which I bore for a week, and imagining it proceeded from the above connection I applied to a furgeon, who gave me a liquid to inject into my penis; this removed the pain in a few days, but the running still continued, and does to thistime. I made use of the injection and of mercurial ointment for above five months, rubbing the latter fometimes on my groins and fometimes on the infide of my thighs. I also took a box of mercurial pills. Sometime ago the furgeon told me he was certain it could only be a fimple gleet, and directed me to bathe every morning in cold water, and gave me fome bark to take, which diminished the discharge but very little. A number of white lumps of the fize of a large pin's head have appeared conflantly all round the corner of the glans; and a swelling of the testicles has sometimes affected me, which was abated by rubbing with mercurial ointment. About five weeks ago, the most painful symptoms, attended with wandering pains in my head and limbs, increased, and alarmed me exceedingly, which determined me to make trial of your Cordial Balm of Gilead, having often feen it advertised in the Manchester Gazette, and have been confirmed in my opinion of its efficacy by the perufal of your excellent publication, the "Guide to Health". I accordingly purchased three bottles from Mr. Wood of Shrewibury, and am now taking the fecond. Since taking it, I find the discharge from my penis is

considerably abated, and the pain in my head and limbs is almost gone, and I have not the least doubt but a perseverance in your excellent medicine, with attention to the advice which I entreat you to favor me with in respect to diet, &c. will persect my cure.

I am, Sir, &c.

Cured by eleven bottles of the Cordial Balm of Gilead.

#### TO S. SOLOMON, M. D.

Dear Sir,

I hope you will excuse the liberty I now take in writing to you on (to me) a very difagreeable subject. In the month of December last I contracted the venereal disease, which broke out in very alarming fymptoms, and has ever fince rendered my life miserable. I have taken almost every advertised medicine, which I was advised were infallible remedies; but have experienced no good effect from them whatever, but continued rather to grow worfe. I find myfelf exceeding weak, and feel very great pain, particularly in the loins and groin, a continual running proceeds from the penis, particularly when in bed and at stool, and am fo weak that I cannot contain my water. - Under these circumstances I have begun to take your Cordial Balm of Gilead, in hopes of alleviating my pains and eradicating this virulent diforder, which has almost ruined me. I am about 19 years of age, and have had feveral thoughts of putting an end to my existence! I acknowledge that I had, before the contraction of this diforder, been guilty of felf-pollution, but not fo as to enervate myself, as I could perceive. Now, dear Sir, if you can be of any service to me, I entreat your advice and instructions, which I will most punctually adhere to. I shall spare no necessary expence, and trust this application to you will be the means of my cure. I am, &c.

A gentleman in Manchester, who several years ago had been my parient, confulted me in Jan. 1795; he complained of an irritation in the urethra, and some heat in the glans penis, which appeared rather inflamed externally. He informed me that his last connection had been only on the preceding evening, about eleven o'clock, and antecedent to that, he had not committed any act of venery for more than fix months, during which time his health had been remarkably good. Early that morning he had been awakened by a sharp pain in the penis, which foon abated, but did not entirely go off, a difagreeable heat and irritation still remaining. From the symptoms coming on fo early as within feven hours after the embrace, he could not believe his complaint to be venereal, but supposed it arose from friction, and the bad wine he had that night drank; I therefore declined to prescribe any medicines, but advised that he should live after his usual manner, and think no more of the disease until it might become more worthy of his attention, which happened two nights afterwards, by the pain he experienced from the chordee; there was likewise a yellow running from the urethra, accompanied with a heat of urine; his doubts by this time being perfectly removed, he immediately entered upon the use of the Cordial Balm of Gilead, with the injections before recommended, by which he obtained a cure in less than three weeks.

A Captain in the Guinea trade was, in June last, attacked with an unusual warmth in the urinary passage in less than six hours after coition, and it gradually increased for three days, when a copious running came on, attended with a smarting of urine. In this stage of the disease he placed himself under my care, informing me that he was lately returned from a long voyage, and for several months past had not had an opportunity of getting the infection, he could therefore be very certain as to the date of his disorder, having been entirely free from

venereal complaints for two years before. In effecting this gentleman's cure near a month was required, by reason of the high degree of scurvy with which he was at that time infected.

Various Cases of persons cured of nocturnal pains, ulcers in the throat, &c. &c. are omitted for want of room.



A

# GUIDE TO HEALTH.

PART II.

ON

Onanism, or Self-Abuse.

GUIDE TO HEALTH.

Ondaism, or Self-ofbuse.



## GUIDE TO HEALTH.

PART II.

ON

# Onania, or Onanism.

" Hoc nihil esse putes! scelus est; mihi crede, sed ingens

Quantum vix animo concipis ipse tuo".

You think 'tis nothing ! - 'tis a crime, believe ! A crime so great you scarcely can conceive.

MARTIAL.

THE great alteration which takes place in the body of the male at the time when the semen begins to be formed and collected, is so manifest, that it appears to the most common observer; for the rise and continuance of the beard, and clothing of the pubes, depend thereon; and a wonderful alteration takes place

in the voice, and passions of the mind, for the hitherto crying boy now becomes bold and intrepid, despising even real danger.

These changes are prevented by destroying the organs which serve to separate the liquor that produces it; and just observation evinces, that the amputation of the testicles at the age of virility has made the beard fall, and a puerile voice return! After this, can the power of its operation on the body be questioned? Its destination determines the only proper method of its being evacuated. Certain distempers cause it sometimes to run off; it may be involuntarily lost in lascivious dreams, &c.

Nor is this to be observed only in mankind, but other animals become fierce and vicious about the same time. The bull, a most fierce animal before he sets upon the venereal act, afterwards becomes weak and languid: and the unhappy people who have exhausted all the vigour of their bodies by too early and excessive venery, live enervated, and are subject to a numerous train of miseries and disease.

The natural irritation to venery scarce needs description: instinct is the spring in brutes; and that, with reason, guides the rational being. Both are naturally satisfied when their desires are gratified.

Men love a Mistress as they love a feast;
How grateful this the touch, and that the taste.
Yet sure there is a certain time of day,
We wish our Mistress and our meat away.
Again the stated appetite returns,
Again our stomach craves, our bosom burns.

Immoderate use of coition, even in a natural way, depresses the spirits, relaxes the fibres, and renders the whole frame weak and exhausted: what then must be the consequence when nature is forced against her will? Celsus says, that from the practice of self-pollution, young people are prevented from their growth, and as it were, become old before their time. Sanctorius observes, that the insensible perspiration is diminished, and the concoctive faculties weakened, by excess of venery; and in his several aphorisms, reckons up the damage arising from this baneful habit.

Hippocrates gives an account of two persons in fevers, brought on by excessive venery, one of whom escaped, not however without great difficulty, after a severe fit of sickness which lasted till the twenty-fourth day, and the other died of that weakness and debility which he had brought on himself by this most horrid and baneful practice of self-pollution.

The same celebrated author, in treating of the many diseases which arise from venereal excesses, says, that "the Tabes Dorsalis, or Medulla Spinalis, (which is a consumption of the back), happens to those who are over lecherous in self abuse, or lately married; they are without a fever and eat heartily, but gradually waste away: and if you ask the patient how he is affected, he will say, there appears to him as if ants were creeping down the spine (back bone) from the top of the head; a great quantity of liquid semen is also discharged when he makes urine or goes

to stool; nor does he retain his semen in his sleep, but has involuntary emissions whether he sleeps with his wife or not: and when he takes much exercise he feels a great weariness and debility, a shortness of breath, a heaviness in the head, and a tingling in the ears".

Such is the state of those deplorable victims, who, if they have not timely relief, perish with the Lypyria, a most dreadful disease, wherein the internal parts are consumed with a burning heat, and the external frozen with cold. All these complaints I have seen in patients who have indulged themselves in foul pollutions: the symptoms I have generally observed were, violent pains wandering through the whole body, attended sometimes with a troublesome heat, and sometimes with chilliness, especially in the loins, which complaints had continued for three, five and even eight years, resisting all remedies, except the famous and highly-exalted medicine, the Cordial Balm of Gilead. In one patient particularly I observed, that after all the above pains were lessened, he felt a great pain in his legs and thighs, that he was obliged to sit by the fire-side even in the midst of summer, though when I felt his legs and thighs they seemed to have their proper natural warmth; but what seemed to be most strange was, during this time the testicles were continually moving about in his scrotum, and he perceived the like motion in his limbs, with great pain. A similar case is likewise related (arising from the same cause) by Van Swieten,

in his commentaries on Boerhaave. I performed several operations on persons who had by this practice brought on a Paraphymosis, by not being able to bring the foreskin back to cover the nut of the penis, whereby the inflammation became so great, that an incision was absolutely necessary, to let out the acrid lymph, and free the strangled glans.

The consequences which attend this horrid practice, enumerated by Dr. Tissot, are as follow:

Ist. All the intellectual faculties are weakened, loss of memory ensues, the ideas are clouded, the patients sometimes fall into a slight madness; they have an incessant irksome uneasiness, continual anguish, and so keen a remorse of conscience, that they frequently shed tears. They are subject to vertigoes; all their senses, but particularly their sight and hearing, are weakened; their sleep, if they can obtain any, is disturbed with frightful dreams.

2nd. The powers of their bodies decay; the growth, of such as abandon themselves to these abominable practices, before it is acomplished, is greatly prevented; some cannot sleep at all, others are in a perpetual state of drowsiness; they are all affected with hysterical or hypochondriac complaints, and are overcome with the accidents that accompany those grievous disorders, as melancholy, sighing, tears, palpitations, suffocations and faintness. Some emit a calcarious saliva; coughs, slow fevers, and consumptions, are chastisements which others meet with in their own crimes.

3rd. The most acute pains form another object of the patients' complaints: some are thus affected in their heads, others in their breasts, stomachs, and intestines; others have external rheumatic pains, aching numbness in all parts of the body, when they are slighty pressed.

4th. Pimples do not only appear in the face, (this is one of the most common symptoms), but even real suppurating blisters upon the nose, the breast and thighs, with disagreeable itching on the same parts.

The organs of generation also participate of that misery whereof they are the primary causes: many patients are incapable of erection, others discharge their semen upon the slightest titilation or the most feeble erection, or in the efforts they make when at stool. Many are affected with a constant gonorrhœ2 which entirely destroys their powers, and the discharge resembles fœtid matter or mucus; others are tormented with painful priapisms, dysuriæ, stranguries, heat of urine, and a difficulty of rendering it, which greatly torments many patients. Some have painful tumours upon their testicles, penis, bladder, and spermatic cord. In a word, either the impracticability of coition, or a deprivation of the genital liquor, renders every one imbecile who has for any length of time given way to this crime.

6th. The functions of the intestines are sometimes quite disordered; and some patients complain of stubborn constipation; others of the hemorrhoids, or of a running of a fætid matter from the fundament.

This last observation recalls to my mind a young man mentioned by Mr. Hoffman, who after every masturbation was afflicted with a diarrhœa, which was an additional cause of the loss of his strength.

The destructive and pernicious habit of Onanism, or self-pollution, is recorded in the 38th chapter of Genesis, as the crime of Onan, the son of Judah, with a view, no doubt, of transmitting to posterity his chastisement; and we learn from Galen, that Diogenes polluted himself by committing this crime. In scripture, besides the instance of Onan, we find self-polluters termed effeminate, filthy, and abominable.

"How soon the calm, humane, and polish'd man,

"Forgets compunction, and starts up a fiend"!

ARMSTRONG.

Callus, the ancient Prætor, and Titus Etherus, the Roman Knight, died in the very act of coition. There can be nothing more dreadful than what Celsus and Ætherus tell us of that abominable vice. The former says, that "these pleasures are always hurtful to weak people, and the frequent indulgence of them destroys even the strongest constitutions". The last celebrated author draws a most horrid picture of the shocking consequences that are produced by this vile practice, and says that young people have the appearance and air of old age; they become pale, effeminate, benumbed, lazy, base, stupid, and even imbecile; their bodies become bent, their legs are no longer able to carry them; they have an utter distaste for every

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thing, and are totally incapacitated, and many become paralytic. The stomach is disordered, the body is weakened, paleness, bodily decay, and emaciation succeed this destructive habit, and the eyes sink into the head.

Dr. Tissot draws the following lively and true picture of the consequences of this deluding practice:

" As soon as custom has obtained any degree of strength, the soul and body both concur in soliciting the crime; the soul, beset with unclean thoughts, excites lascivious emotions; and if it be diverted for some moments by other ideas, the sharp humours which irritate the organs of generation, soon draw it back. The truth of these observations would be sufficient to stop young people in this pernicious progress, if they could foresee that in this respect one false step brings on another; that they cannot resist temptation; that in proportion as the motives of seduction increase, REASON, which should keep them within bounds, is weakened; and, in a word, they find themselves plunged in a sea of misery, without, perhaps, the hope of a single plank to escape upon. If sometimes early infirmities give them notice, if the danger terrifies them for some moments; when the infirmity is relieved, and the danger over, rage precipitates them afresh.

"The empire which this odious practice gains over the senses, is beyond expression. No sooner has this uncleanness got possession of the heart, but it pursues its votary every where, and governs him at all times and in all places. Upon the most serious occasions, and in the solemn act of religion, he finds himself in a manner transported with lustful conceptions and desires, which take up all his thoughts.

"Nothing so much weakens the mind as the continual bent of it to one object, which is the case with those addicted to Onanism, for in whatever vocation a person is engaged, some degree of attention is required, which this pernicious practice renders them incapable of.

"It is true we are ignorant whether the animal spirits and the seminal liquor are the same; but experience teaches us those two fluids have a strict analogy, and that the loss of either produces the same effects.

"The loss of too much semen occasions lassitude, debilities, and renders exercise difficult; it causes emaciation, and pains in the membrane of the brain.

"Young people of either sex who devote themselves to lasciviousness, destroy their health in dissipating those powers which were destined to bring their bodies to their greatest degree of vigour.

"Too great a quantity of semen being lost in the natural course, produces very direful effects; but they are still more dreadful when dissipated in an unnatural manner. The accidents that happen to such as waste themselves in a natural way are very terrible, but those which are acquired by masturbation are still more so".

The description which Tulpius, that celebrated

physician and burgomaster of Amsterdam, has left us, cannot be read without horror! "The spinal marrow does not only waste, but the body and mind both equally languish, and the man perishes a miserable victim"! Too great dissipation of the animal spirits weakens the stomach, destroys the appetite, and nutrition having no longer place, the motion of the heart is weakened, and all the parts languish.

Frequent pollutions not only produce lassitude, weakness and debility; but the memory fails, a cold sensation seizes the limbs, the voice becomes hoarse, and the eye-sight clouded, disturbing dreams prevent

sleep from administering relief.

Mr. Harper observes, that, "the premature indulgence of amorous desires, in the early bloom of youth, is productive of the most ruinous consequences. At this period the mind grows warm, and well adapted to imbibe a proper fund and connection of ideas, through the favorable disposition of the nerves, and the body begins to germinate and gather firmness and vigor from the maturation of its juices, especially those of the glands, which now unfold and afford a repository for the lymphatic and nutritious parts of the fluids to answer the emergencies of nature. But the unseasonable pursuit of unripe enjoyment blasts these promising fruits, draws off health and genius from the system through the channel of pleasure, and inevitably shortens life!

When the constitution approaches its zenith or confirmed state, if the social impulse occasion disor-

der and reject control, its effects are too important to be neglected, as they often have the greatest influence upon the whole frame. An exquisite sensibility in the nervous system, united with sufficient powers in the circulation on the one hand, and a full and cold phlegmatic constitution on the other, are the two extremes of temperament which particularly require indulgence; the former, in order to diminish that plenitude and irritation, which, if not removed, might produce frenzy, fevers, inflammation, &c. and the latter, on purpose to create that excitement and action in the nerves and vessels which are necessary to prevent obstructions, consumptions, hypochondria, &c.

"Continued celibacy generally loads the glands, retards the circulation, and occasions fulness and stagnation in the vessels. In this state, the mind, unexpanded by the soft fire of mutual rapture, often becomes gloomy, selfish, and contracted, and all its faculties being confined within the narrow compass of ordinary gratifications, are devoted to habits of parsimonious care and contemplative amusement.

"Temperance is the best pledge for longevity; nevertheless young people should, by all means, inure themselves to the hardships and asperities of life. Without some share of these to temper the lethargic effects of indolence, the body sinks into a state of effeminacy and imbecility, and the mind soon becomes as feeble and insignificant as the body.

"Little irregularities may now and then be com-

mitted with impunity, perhaps with benefit; but frequent shocks of revelry and debauch overstrain the system, indurate the solids, block up the fine vital channels, and hasten the approach of rigid old age!"

Of all the various evils that human nature is ordained to suffer, none is more calamitous than those attending seminal pollutions, and which would be difficult to paint in colours so glaring as they merit; a practice to which youth devote themselves without being acquainted with the enormity of the crime, and all the ills which are its physical consequences. The most clouded melancholy, indifference and aversion for all pleasures, the impossibility of sharing the conversation of company, wherein they are always absent in thought; the idea of their own unhappiness, the despair which arises from considering themselves as the authors of their own misery, and the necessity of renouncing the felicities of marriage, are the fluctuating ideas which compel these miserable objects to shut themselves up from the world; and happy are those who do not, in the midst of despair, put a period to their own existence!

A description of the danger to a person who is addicted to this vice, is perhaps the most powerful motive of correction. It is a dreadful portrait, sufficient to make him retreat with horror!—Consider then its principal features—The whole mass fallen to decay, all the bodily senses, all the faculties of the soul, weakened—loss of imagination and memory

-imbecility-contempt-shame and ignominy are its constant attendants: All the functions disturbed, suspended and painful-capricious, disagreeable and disgusting, even to one's self-violent pains ever renewing-all the disorders of old age in the prime of youth-and above all, the incapacity for all the functions for which MAN was created—besides which, the humiliating consideration of being an useless member of society; the mortifications to which they are exposed—lassitude—debility—distaste for pleasure, and incapable of enjoying the company of even a friend—an aversion for others as well as one's self life appears horrible—the dread which every moment starts at suicide! anguish worse than pain; remorse, daily in excusing and daily gaining fresh strength .-Alas! alas! when the soul (no longer weakened by its unity with the body) serves as a fire, that is never extinguished, for an eternal punishment!

"Moderate use of coition raises and cheers the noblest faculty of the body and mind: for the grand act of nature (says Falk) is coition: that function in which nature has levelled the whole animal creation, by rendering the propagation of their species an object of the highest enjoyment: however, with this difference, that to all, except Man, she has prescribed periods of desire; but man, as a rational being, she has left at full liberty to exercise these blissful moments with discretion. As long as that liberty is not wilfully abused, so long it is agreeable to the laws of God and man; but the moment it is pervert-

ed into debauchery, the abuser sinks below the level of a brute; and remorse, disease, and self-contempt become the fruits of his labour. Love is ingrafted by nature in the human breast, the mother-plant of every virtue, by which we are rendered pleasing to God, happy in ourselves, and useful members of society. It is by this celestial fire that the sexes beget an ardent desire to give and receive something essentially pleasing, which creates in man the idea of felicity not to be described, nor to be compared to any thing except to heaven itself. If the love is pure, the bliss is the greatest man can wish for: but beware, O youth! beware; let this noble passion be guided by reason, lest it should hurry thee headlong into lust; for if that be thy misfortune, farewell to love and every other social virtue, thou art ruined for ever!

"Sacred instinct first kindles the æthereal fire; and when that pair meet whose inclinations come in unison, they proclaim to each other, with palpitating endearments, that there is a secret anxiety for becoming united into one. If this is not repugnant to the laws of chastity, and agreeable to the laws of nations, there now remains nothing but the embrace to complete the felicity, agreeable to the dictates of instinct. If this is concluded, and the period arrives, nature then prepares; and the ideas centre in this act only; the blood increases in velocity; and, like the attractive power of magnetism, they cement as they approach in contact."

Excessive venery produces lassitude, weakness,

numbness, a feeble gait, head-ache, convulsions of all the senses, dimness of sight, and dullness of hearing, an ideot look, a consumption of the lungs and back, and effeminacy. These evils are increased by a perpetual itch for pleasure, to which the mind and body had been so much accustomed, that it is difficult to wean themselves from it; whence follow obscene dreams and frequent erections, which are occasioned by the influx of semen, which, however small, becomes a burden and a stimulus, which will be discharged from the relaxed cells by the very slightest effort. Thus it is, that this horrid practice destroys the flower of our youth, and nips them in their bud. Dr. Rast, a celebrated physician at Lyons, relates, that a young man, a student in medicine, died of the excess of this kind of debauchery.

The idea of the crime had made such an impression on his mind, that he died in a kind of despair, fancying he saw hell opening on every side, ready to receive him. He also assures us, that he saw a child, of six or seven years old, (instructed by a servant maid), polluting himself so often, that he died of a slow fever. His rage for this act was so great, that he could not be restrained from it the very last day of his life; and when he was informed that he thereby hastened his death, he consoled himself in saying, he should go to his father, who died a few months before.

Frequent repetition of the act of self-abuse has been followed in some instances with an emission of

knowledged that we are equally ignorant of the nature of spirit and the nature of matter, but we know that these two parts of man are so intimately united, that all the change which the one undergoes is felt by the other. This observation equally points out to us, that of all disorders, there are none which more quickly affect the soul than those of the nervous system.

Absence, distrust, or e'en with anxious joy,
The wholesome appetites and powers of life
Dissolve in languor: the coy stomach loathes
The genial board; your cheerful days are gone;
The gen'rous bloom that flush'd your cheeks is fled;
To sighs devoted and to tender pains
Pensive you sit, or solitary stray,
You waste your youth in musing.

Those who addict themselves to this practice are generally disordered in the stomach, and afflicted with loss of appetite—dry coughs—weakness of the voice—hoarseness—shortness of breath upon the least exercise—and a relaxation of the whole nervous system. Some are afflicted with a considerable loss of strength—paleness—sometimes a slight jaundice—pimples often appear on the face, and particularly about the forehead, temples, and nose—leanness—they are greatly affected by change of season, particularly cold weather—languor of the eyes—weakness of sight and loss of memory.

"Youth (says M. Linnæus) is the important period for framing a robust constitution. Nothing is so much to be dreaded as the primature or excessive indulgence of amorous pleasure; hence arise weakness of sight, vertigoes, loss of appetite, and mental decay. A body that is enervated in youth, never recovers itself; old age and infirmities speedily come on, and the thread of life is shortened. No care should be neglected that may contribute to the elegance and strength of the body: the excesses which I treat of are equally destructive of both; for the foundation of a happy old age, is a good constitution in youth: temperance and moderation at that age, are passports to happy grey hairs."

Sanctorius furnishes us, in his observations, with the primary cause of this peculiar danger. "Moderate coition (says he) is useful when nature solicits for it; when it is solicited by the imagination, it weakens all the faculties, and particularly the memory."—This is easily explained: Nature, in a state of health, does not inspire ideas, but when the vesicula seminalis are replete with a quantity of liquor, which has acquired such a degree of thickness as to render its return into the mass of blood difficult, then coition is both necessary and proper; but when we subject ourselves to lascivious desires, when we have no occasion for them, it is the imagination, lustful habit, and not nature that importunes them.

The body wastes away, th' infected mind
Dissolves in effeminacy, forgets
Each manly virtue and grows dead to fame.
Sweet heaven! from fuch intoxicating charms
Defend all worthy breasts!

Another cause why those who practise self-pollution are debilitated, is, independent of the emissions of the seed, the frequency of erection, which, though imperfect, greatly weakens them. Every part that is in a state of tension exhausts the powers, and they have none to lose: the spirits are conveyed there in large quantities, they are dissipated, and this occasions weakness: they are wanting in the performance of other functions, which is thereby only imperfectly done.

When a person has habituated himself to confine his thoughts to one idea, he becomes incapable of any other; its empire is fixed, its reign is despotic! upon the most serious occasions he finds his thoughts occupied with lustful desires and conceptions, and wishes to withdraw from observation, that he may indulge in his darling sin. To such a degree has dissipation in some places arisen, that debauchery with women is looked upon only as a habit, the most criminal, in this respect, make no mystery of it, and imagine it draws upon them no sort of contempt. But where is the masturbator who dares acknowledge his infamy? and should not this necessity of hiding the deeds in mystic obscurity be a conviction of the criminality of these acts?

It is evident in what manner the constitution is injured more by this habit than by a natural connection; for after excessive coition with a woman that is beloved, a man is not sensible of the lassitude which should follow this excess, because the joy which the soul feels, increases the strength of the heart, favours the functions, and restores what was lost: but this is not the case when every effort is strained to obtain a secretion of that fluid, whereby the human frame suffers such convulsions as is scarcely ever capable of being replaced. Why should we commit so great a crime against nature? Why sink the soul in a sea of woe, and depress the spirits of the man, when "beauty has charms to dilate our hearts, and multiply our joys"?

#### OF THE TABES DORSALIS.

TABES DORSALIS, or, the comsumption ineident to young persons of salacious dispositions, is so little treated of by the ancient practitioners of medicine, as well as through the delicacy of modern physicians, that an adequate idea of it cannot be collected from their writings. It is necessary then to say, that the first symptoms of the Tabes Dorsalis are easily discerned by involuntary nocturnal seminal emissions; pains in the back, as well as often in the head; formication of the spine; aching pains, and laxness of the testicular arteries; weakness of sight; defect of memory; a mucous discharge from the urethra after excremental exertions; which are succeeded by an extreme dejection of the mental faculties: and contingent to these are gutta-serena; meagre visage; emaciated body; irregular asthmatic sensations; which preceding a syndrome of hectical complaints, ultimately close the fatal catastrophe.

What can produce such alarming indications of immature debility? Is it the unseemly practice, the solitary vice, which reason, which nature condemn? Suffice it to say, that it is highly incumbent on those who have the care of seminaries to beware of the hidden evil, the Onanian mischief, and prevent its growth! It is my duty to prescribe a cure to the already afflicted.

The Cordial Balm of Gilead, \* by its softening, healing, and tonic qualities, as well as by its prolific and salutary effects, affords a sure prospect of returning strength, and a certain hope of muscular invigoration, to those who can have sufficient resolution to desist from the baneful practice.

The increase of dangerous consequences flowing from masturbation is too obvious to need comment; they are too sensible of it themselves, for the shocking remorse with which it is followed, when illness

has opened the criminal's eyes, he sees his crimes and his dangers, and feels

"The sting of pleasure which remorse succeeds."

When the mask is dropt, and the real picture of their conduct appears in its most hideous colours, they find themselves guilty of a crime, the punishment for which, divine justice ordained nothing less than instant death!

How many are there that have perished because they dared not reveal the cause of their illness!

I have read several letters to this effect: "I would rather die than appear before you after this acknowledgment." Another writes, "I conceive, my dear sir, that every one can see in my face the cause of my disorder, and this makes me shun all manner of company."—The cause of this melancholy is very easily accounted for; it is the relaxation of the fibres, a diminution of the circulation, imperfect digestion, want of nutrition, obstructions occaasoned by these impediments, which seem to be the effects only of melancholy; the shedding of humours, which is the necessary consequence of obstruction.

Immoderate evacuation of semen is not only prejudicial on account of the loss of that most useful humour, but likewise by the too frequent repetition of the convulsive motion by which it is discharged; for the highest pleasure is followed by an universal resolution of the natural powers, which cannot frequently take place without enervation. Besides, the more the

strainers of the body are drained, the more humours they draw to them from the other parts, and the juices being thus conveyed to the genitals, the other parts are impoverished. Hence it is, that, from excessive venery, all the various symptoms of lassitude and debility ensue, which are increased by a perpetual itch for pleasure, which the mind contracts as well as the body, and from whence it follows that obscene dreams, frequent erections, and involuntary emissions bring the flower of youth to premature old age.

The hypochondria is no uncommon attendant on this horrid practice, and if those who are afflicted with it give themselves up to this vice, it brings on very alarming diseases. Tormenting uneasiness, agitations, and anxieties, are the consequences of these united causes; and it is evident that hypochondriac complaints are sometimes accompanied with delirious fits and phrenzy—consequences generally attendant on this abominable practice. The brain being weakened by this two-fold cause, is successively deprived of all its faculties, and the miserable victims fall into a state of imbecility, without any other than frantic intervals.

The best semen, and from which we may expect good healthy offspring, if not rendered too poor by previous pollutions, is that which is at least twenty-four hours in collecting, in a sound man, who has not abused his constitution by debaucheries of any kind; and which must be ejected with fervency, love and pleasure.

How different then is the case, when a common system in both sexes, and more commonly among women, is the indifference that this horrid practice leaves to the lawful pleasures of Hymen, even when the inclination and power still remain! An indifference which not only induces many to embrace a life of celibacy, but even accompanies the marriage bed. Dr. Bekkers relates of a woman, who acknowledged that this practice had gained so complete a dominion over her senses, that she detested having lawful connexion with her husband.



### ADDRESS

TO

### PARENTS, GUARDIANS, SCHOOLMASTERS,

and those who are intrusted with the

#### EDUCATION OF YOUTH.

The growing pest, whose infancy was weak,
And easy vanquish'd, with triumphant sway
O'erpowers your life. For want of timely care
Millions have died of medicable wounds.

The following case is worthy the attention of parents and guardians who have the care of youth:—
A young man of 28 years of age, who was initiated into these abominations, by his private tutor, and had the same disgust for the marriage state: the anguish of his situation, joined to his exhausted condition, the consequences of his operations, threw him into a profound melancholy, which however yielded to the power of that nervous and strengthening medicine, the Cordial Balm of Gilead.

Permit me to intreat you who are fathers and mothers to reflect upon the source from whence the above patient derived his misfortunes, as there are more examples of this kind than one. If they may be deceived in the choice of those to whom they intrust the important charge of forming the mind and heart of their pupils, what is there not to fear from those, who being only appointed to display their corporeal talents, are examined less critically with respect to their morals; and from servants who are frequently hired, without its being known whether they have any morals at all!

Many young and tender plants have been blasted by the very gardener who was intrusted with their rearing; there are in this kind of rearing gardeners of both sexes: but should it be asked where is the remedy of this evil? the answer is concise and simply this—Be particularly careful in the choice of a preceptor; watch over the preceptor and his pupil with that vigilance which an attentive and careful father of a family exerts, to know what is done in the darkest recesses of his house.

Never leave servants or tutors alone with youth, if you have the least reason to believe that they are given to those practices. Watch youth if they stay too long in the privy or necessary, particularly with a companion, for in great schools it is frequently to such places that they retire to commit this destructive vice; and I have been assured by many, that they were first taught this detestable practice in such places.

It is time to conclude these shocking details; I am weary of the turpitude and misery of mankind. Good God! would young people only take time to

consider that every act of debauchery of this kind strikes deep at the root of the constitution, inevitably hastens those disorders they fear, and will, in the very flower of their youth, bring on all the infirmities of the most languishing old age, they certainly would abhor and desist from so vile and abominable a practice.

Before I dismiss this subject, it is absolutely necessary to remark, that it ought not to be expected that disorders of this kind can be removed in a few days, which perhaps have been many years accumulating. Those who wish to be restored to their former health, strength and vigour, ought strictly to adhere to the advice and remedies prescribed for them by their physician; they should consider, that from implicit confidence and steady perseverance, a cure can only only be obtained. A patient who is inattentive to his own welfare, cannot expect a cure. Hipprocrates justly observes, that "the patient, the physician, and the assistants, ought equally to do their duty." Aretus says, "Let the patient have courage, and conspire with the physician against the disorder. The most stubborn distempers generally give way to this harmonv." Experience daily demonstrates the justness of this assertion; and the author can safely challenge the whole world to prove one single instance where the remedies herein prescribed have failed in producing the most happy and salutary effects, even in the worst of cases, wherein it has been taken regularly and persevered in for a moderate length of time.

Persons who have addicted themselves to this

wice, generally find themselves disgusted at all amusements, absent in company, stupid and lifeless every where; and if they think at all, feel themselves plunged into the deepest melancholy. From all these miseries the Cordial Balm of Gilead is calculated to afford relief. But it should be observed that perseverance is necessary; in all cases a particular attention to the directions, as also a regularity in time and dose, is to be regarded; and above all, it must be noticed, that it will be in vain to expect any relief from this remedy, without punctuality; for taking a bottle or two regular, then leaving off for some days and beginning again, will be of no service; it must be continued regularly.



#### ADVICE

TO THOSE WHO HAVE GIVEN WAY TO THIS

### Delusive and Destructive Habit.

4 . Commenter Brief

The first step that should be taken with regard to the cure, is, to leave off those practices that have occasioned the disease, which, though I confess it appears to me to be a difficult matter, (as the very soul itself is generally so much polluted that it can dwell on no other idea), yet, however, if by a sincere repentance, and fixed determination to desist therefrom before it is too late, there is not the least doubt but that the irritability will soon be subdued, provided the following rules are well attended to :- Avoid all stimulating, acrid and high-seasoned meats; a poor thin diet, is, however, very improper. The food should be rather nutritive than plain, and exactly such as recommended in nervous complaints, with the like exercise. - Vide Nervous Complaints. It is certain, however, that as the diet there recommended

will restore the strength of the body, it will at the same time increase the stimulus on the organs of generation, by secretion of semen, which, of course, will be larger in quantity than even in healthy persons, owing to the great evacuations which have preceded. Some part of the semen is gradually absorbed by the lymphatics, in consequence of which the remainder becomes thick, acrid, and very stimulating. To remedy this, exercise is to be used, and that not only for pleasure, but until it is attended with a very considerable degree of fatigue. The sleep must be no more than barely sufficient to repair the fatigues occasioned by the exercise, for excess of sleep is as bad as idleness or stimulating food. Excess of wine or spirits ought to be avoided, though a glass in moderation will not be prejudicial. But the only remedy, perhaps, of real efficacy, and from which, by perseverance, a permanent cure will be obtained, is the Cordial Balm of Gilead, which is possessed of this admirable quality, in preference to any yet ever discovered, that with little or no stimulus, it restores the tone of the system, invigorates the body in a manner incredible to those who have not observed its effects. If these instructions are followed, and the medicine persevered in, the patient may for a certainty expect a recovery, provided any degree of vital strength remains; and those who desire a life of celibacy on a moral account, will find them much more effectual than all the vows of chastity can make.

Observe all the time the greatest exactness in your regimen or manner of living. Abstain from all mixed or high-seasoned food. Use plain diet, easy of digestion; and this as sparingly as you can, consistent with ease and strength. Drink only water, if it agrees with your stomach; if not, good, clear small beer. Use as much exercise daily in the open air as you can without weariness. Sup at six or seven, on the lightest food; go to bed early, and rise betimes. To persevere with steadiness in this course, is often more than half the cure.

As cases and constitutions, as well as former modes of treatment, frequently render it necessary that an alteration should take place in regimen, diet and dose, it would in general be prudent to lay a state of the case before Doctor Solomon, that he may be enabled to give his assistance and advice towards establishing a speedy and effectual cure: Vide "Instructions to be observed by those afflicted with Nervous Complaints", &c. in the latter part of this book.



### CASES AND CURES.

The following Cases are inserted to point out the consequences of this destructive habit, that a view of the dreadful effects thereof may deter young people from giving way to the fatal delusion; and the Cures are added, to show the efficacy of the CORDIAL BALM OF GILEAD, in a variety of cases, that those who are already drooping under similar complaints, may not sink into total despair, but seek for advice and remedies, even though they should be bereft of every other hope of relief.

#### A LETTER

#### TO DR. SOLOMON, LIVERPOOL.

Windfor, October 23, 1797.

Sir,

Having, during my residence at school, acquired a baneful habit, I was so emaciated as to become an object of continual admiration. I tried several medicines, and applied to several eminent surgeons, one of whom (Dr. Willmott) advised me to try the Cordial Balm of Gilead; I accordingly purchased a bettle, and am now perfectly restored. To you I owe my life, and shall remember it with gratitude, as long as I live.

THOMAS DEMPSTER.

P. S. You are welcome to infert this, for the benefit of my fellow-creatures.

A person writes, that he was brought up at a public school, where, while very young, he was initiated into the practice of the secret and destructive vice, called Onanism, where he continued till nineteen years old, and since which time he had been endeavouring by various means, and under the direction of many different physicians, to regain his strength. He described his situation to be, "very subject to nocturnal emissions; sometimes three or four times in a week on successive nights; and the day after they happen, was ready to sink into the earth, being careless of what became of him. Feeling a continual heaviness, weariness and lassitude all over his limbs, particularly about the knees; the skin covered with small pimples after exercise, a continual heat in the extremities, with frequent cold sweats; and the power of copulation entirely destroyed."

Spithead, 2nd Dec. 1798.

For the benefit of mankind, and of my brother officers in particular, I authorife Dr. Solomon, of Liverpool, to publish this my acknowledgment of the efficacy of his medicine, the Cordial Balm of Gilead. As I do not chuse my name to appear in print, persons desirous of knowing the truth of my affertion, may by enquiring of Messrs. Toulmin, Navy Agents, Surrey-street, Strand, London; or Mr. Alexander, Navy Agent, opposite the Navy Post-Office, Broad-street, Portsmouth,—learn my name and address. By an irregular life I had been excessively weakened and debilitated—a dozen bottles of the Cordial Balm of Gilead absolutely restored me to my primitive health.

N.B. The above is from a principal Officer of a Seventy-four.

A gentleman, having for a feries of years given way to the practice of fecret venery or felf-pollution, was brought fo low that he thought proper to apply to a furgeon. Having had a

violent pain in his head, he was bled; a few nights after wards, on getting into bed, he was fuddenly feized with a pain at his heart, as if something had given it a sudden pull, and immediately afterwards with a violent trembling all over his body, and palpitation at the heart; the fudden pain did not last more than a second of time, but the trembling and palpitation about four hours. Many medicines were administered, but without effect. The gentleman described his case to be as follows.—The pull at his heart generally troubled him two or three times a day, and sometimes, though not often, five or fix times in a minute; he was faintish before it came on, which went off when the heart began to beat hard; was troubled much with involuntary nocturnal emissions, and had for some time a gleet; was of a very costive habit of body, and troubled with a cough, which made him spit a kind of blackish stuff, of a faltish taste; he felt frequently a gnawing sensation at the pit of the stomach, a very quick pulse, great weakness of body and dejection of mind. From this train of evils, the Cordial Balm of Gilead relieved him in about fix weeks.

A lady, having been too much accustomed to this baneful habit in her youth, which had brought on her great weakness of body, but more particularly anxiety and dejection of mind, with a long train of nervous affections; having accidentally feen the "Guide to Health," took the resolution of writing to the Doctor, and candidly stating her situation.—In a short time she was happily cured by the Cordial Balm of Gilead.

A young man, 21 years of age, writes, that "he had addicted himself greatly to abuse his person by self-pollution, and by it had brought on himself a variety of complaints, which had bassled the power of medicine to eradicate, and finding himself wasting by degrees and growing daily worse, (having continual involuntary emissions of semen, and being so weak in

body as to be scarce able to do business, which greatly depressed his spirits), he went under a course of the Cordial Balm of Gilead, which re-established his health."

A gentleman specified to Dr. Solomon, that he had a complication of disorders, arising from his having practifed the vice of self-pollution at an early age; and having caught the venereal at the age of nineteen, which was badly cured, and which ended in a continual gleet; he also had great pain in his gums and fore teeth; the gums had small ulcers upon them, and there was a lump on the inside of his mouth; leeches were applied to them, but without benefit; the ulcers discharging a very offensive matter; an inflammation appeared near his right eye up to the nose, which was brought to a suppuration and cut; he lost several of his teeth, several small bones from the side of his nose came away, and the bridge of his nose was much sunk.—From this miserable situation he was soon relieved by this celebrated medicine.

A gentleman who was greatly afflicted with a confumptive complaint, originating from this baneful habit, which brought on an obstinate cough, shortness of breath, and profuse night sweats; in which situation he continued a long time, having taken numberless medicines, but with very little effect, the cough and shortness of breath still continuing, so that he could procure no rest. In this condition he resolved to make trial of the Cordial Balm of Gilead; and though the cough continued very incessant while he was taking the first bottle, attended with a constant spitting of thick yellow matter, sometimes very slimy and frothy, streaked with blood, yet he continued it, and on taking the third bottle found himself much better, his stomach easier, and his cough mending very fast; he then applied to Dr. Solomon for a five pound case, which he took with increasing benefit, and wrote in a second letter that "his

cough was grown much easier, his breath longer, and without that pain and difficulty which formerly attended it; that he could get a tolerable good night's rest, which he had been so long a stranger to; and his strength and appetite had greatly increased." By another case of the medicine this gentleman was perfectly recovered, and his health sirmly established.

" I am a young man about 17 years of age, and addicted myself to that most abominable practice of felf-pollution at the age of 13, and continued it till I was 16. I have lately purchased your "Guide to Health," and am going to enter upon a course of your Balm of Gilead, but have thought it wise first to afk your advice, for which I have enclosed you half-a-guinea, being your usual fee. I abandoned that abominable practice about a year ago, fince which time I have frequently had nocturnal emissions in my sleep. I have a continual oppression at the cheft, with acute pains in my joints, and am always fo cold that I can scarce refrain from the fire; my face is quite covered with pimples, which renders my appearance very unpleafant. I have used several medicines in order to get rid of them, before I knew from what cause they proceeded, but to little effect. I have a few also on my back and breaft. Solitude is no longer irksome to me, since in a public company I can scarce by any means refrain from repeated blushes. I defire to know your opinion of my case, and whether I ought to begin your Cordial Balm of Gilead immediately, as I could in a few weeks go into the country, there to stay with my friends till I had taken it. In your answer don't mention the name of my disorder, as I must shew your letter to my friends. I request that you will give me directions as to regimen, &c. Please to direct for me at -

five pound case (containing equal to twelve half-guinea bottles) of the Cordial Balm of Gilead.

One patient, in stating his case, says-" I beg leave to trouble you with this letter on a fubject which I blush to inform you of, but am induced from observing an advertisement in the public papers, wherein your "Guide to Health" was spoken of. I purchased one, and find your advice offered in so friendly a manner, that I am induced to make this application to you. I am almost 18 years of age, and have been at a large school at this place near three years. It is with forrow I confess that I have greatly injured my health by a practice which it is needless to describe to you, and which is too common, especially among bed-fellows at large schools. A short time ago I fent to Birmingham for a bottle of your Cordial Balm of Gilead, which I have finished, and I think it has done good in strengthening me. About half a year ago I endeavoured to copulate with a woman, which I effected; but on a fimilar occasion lately, to my furprife, I was unable. My cafe is-I have a weakness in my loins, the liquor flows from my penis on slight occasions, which I am afraid has diminished in size, and am much thinner in flesh than I used to be. Will Dr. Solomon be so kind as to inform me immediately his opinion of my case, and whether I must continue his medicine? I have only to add, that by an early attention to my unfortunate case, my dear Sir, you will bestow a lasting obligation on, &c."

This young gentleman was restored by a few bottles of the Cordial Balm of Gilead.

A patient at Stockport, communicating his fituation after having been addicted to felf-pollution, states, that he is troubled with frequent nocturnal emissions, which weaken his body and distract his mind; and his rest is continually disturbed with frightful dreams. A very disagreeable savour in his mouth when he rises in the morning, and spitting a kind of yellow matter, with a disagreeable smell; his lips are hard and dry, and the gums bleed on the slightest occasion; his eyes fore with continual weariness; a scurf on his sace, which is

fubject to heat and flushing; great pains in his joints, especially a day or two after having an emission, and strong itching on different parts, particularly about the fundament.

A gentleman at Hull, who was educated at a large school, unfortunately learnt and practised the baneful habit of Onanism, from his 16th to his 18th year, by which he entirely debilitated himself, so as to be altogether incapable of connection with the semale sex, was cured by a regular course of the Cordial Balm of Gilead.

A very remarkable case, of a person greatly reduced by means of stimulating drugs, administered to him by a woman, with intention to bring him over to her embraces: he writes, that nearly all the time she lived with him (eighteen months) he was like a man intoxicated with strong liquor, or a person infane; and though three years had elapsed fince the left him, he still continued for the most part the same. He discovered her giving him something in his milk at supper, which cut sharply going past the throat, into the stomach; the next day he was fo intoxicated and fleepy that he was unable to attend his business. He was frequently troubled with flutterings and trembling, and feeling as though fomething alive was within him from the bottom of his belly to the crown of his head; much afflicted with wind, and a hot burning pain in his bowels and brain, with violent crackings in the brain, his ears and nofe very cold, a great weight in his ears, and his fmell nearly loft; his eyes dim, and black clouds appearing to shoot before them; a perpetual noise in his head like the boiling of a pot, and a hot burning pain in the right kidney: a great clogging and pain over his loins, lofs of memory, and extreme melancholy and dejection of mind.

Dear Sir,

For God's fake affift me, I find myfelf perifhing! you have opened my eyes by the perufal of your "Guide," I am a guilty finner, I have too long polluted myfelf. I feel my health fenfibly diminishing, my sensations are blunted, my memory is defective, so that I have scarce any presence of mind—I have lost my appetite, and am lost even to myself. I am ashamed to add that I am but sourteen years of age, though five years have elapsed since I was first taught the sinful practice.

Kind Sir,

" I write at the request of a young man, who having heard of your great abilities, wishes to have your opinion of his deplorable case. He would have entered upon a course of your Cordial Balm of Gilead, but thought it most prudent to take your advice and opinion first. Inclosed is an order on the Post Office for one guinea, which he understands is your accustomed fee. He is about 23 years of age, and has, fince he was fifteen constantly practifed that destructive habit called Onanism, which is fo admirably treated on in your Guide to Health. He has within these fix months been seized with a weakness in his head and eyes; the latter, he fays, has been frequently afflicted with violent spafms; and when he reads, he is taken with such a kind of stupor as intoxication creates; the pupil is very much dilated, and he fuffers exquifite pains in his eyes, the lids are very heavy, and thut themselves at night; he is constantly shedding tears, and a great quantity of whitish matter gathers in the two corners, which are very painful. Though he has an appetite to his meat, yet he falls away to a mere skeleton, and as foon as he has done his victuals, he relapfes into his former drowfinefs.

"Such, Sir, is the ftate of this unhappy youth, as near as I can state; and he begs of you to inform him, with your usual candour, what benefit he may expect from your medi-

oine, or fuch other matters as you may think proper to direct for his relief. Despairing, as he has long since done, of ever obtaining relief from our physicians, who are wearied of preferibing for him, he put up his prayers to the Almighty that this application to you may be attended with success, and as he is sufficiently convinced of the enormity of his crime, he resolves to abandon that vile practice in suture. He begs a speedy answer.

P. S. Please to direct for Mr. —, No. —, — ftreet, Bristol."

This young man was perfectly cured by a few bottles of the Cordial Balm of Gilead.

The case of a gentleman at Plymouth states, that he had practised the vile habit of self-pollution for some years, and with great difficulty conquered the passion when he was 20 years of age, after which he was troubled with frequent nocturnal emissions. He then tried several advertised medicines, as well as those recommended to him by the faculty, but without effect; involuntary nocturnal emissions still continued, and a running, sometimes from the penis, great weakness and utter debility; for though he had been married three years, he had never been able to effect copulation with his wise, his ability failing him at the moment he most wanted it. In this unhappy situation he applied to Dr. Solomon, and by a course of the Cordial Balm of Gilead was restored to his health.

A gentleman in his letter to Doctor Solomon for advice, acknowledges himself to have been guilty of self-pollution when about sixteen years of age; soon after which, he contracted a venereal complaint, for which he took a great deal of mercury. He had a slight swelling on his groin which never dispersed, and which frequently gave him great pain, particularly when he used more exercise than common. He ob-

ferved fome tokens of debility, and fometimes a small running from the penis as of a gleet: greatly alarmed at these symptoms, he applied for advice, and by taking the Cordial Balm of Gilead, was restored to full health and vigour.

A young gentleman who had practifed this destructive vice at school, and continued it till 17 years old, finding some alarming symptoms beginning to appear, timely laid open his condition to Doctor Solomon, by whose advice, and the Cordial Balm of Gilead, the progress of those dreadful disorders confequent on the commission of that dreadful vice, were stopped, and the gentleman restored to a perfect state of health.

A patient at Newark-upon-Trent, writes, that at twelve years of age he commenced the practice of felf-pollution, and continued it till he was nineteen, till mere weakness of body, and lowness and dejection of mind, caused him to discontinue it. Having accidentally met with Doctor Solomon's publication, entitled, "A Guide to Health," he was induced to try the efficacy of the Cordial Balm of Gilead, which fully restored him to health.

#### EXTRAORDINARY CASE

Of a young man, rube was driven mad by the practice of Onanifm.

I was taught Onanism when a 'prentice, between 17 and 19 years of age, I am not sure which, by my master's neighbour's 'prentice, who slept two nights with me when a friend of his master's came from the country—I practised it till I was 20 years of age, but never emitted blood, to my knowledge, in that time. I had two brain severs; the last left me in a state of derangement for sour months, so that I was confined in a madhouse, which was in 1791. I remember practising Onanism

for some time whilst in confinement; but when I got my reason again, and feeling a great pain in my back, which I thought was occasioned by those frequent pollutions, I resolved to give it over, which I did, and the pain left me; but tho' I have never practised it since, I am constantly troubled with involuntary emissions to this day, and all the miseries which accompany it. I am now about 28 years old, and am so nervous that I can scarce write. I feel a craving appetite for my food, but when I cat as much as would serve a child my stomach fills. I am very soon tired, tho' my business is not hard; and am extremely weak and debilitated; frequent erections of the penis, and a constant running of a whitish colour, &c. &c.

# TO DR. SOLOMON, LIVERPOOL.

Sir,

I am one of those unfortunate young men who have fallen a victim to that deluding and destructive habit, felfpollution, which I began when between 14 and 15 years of age, and continued it till I was 19 before I confidered it either finful or hurtful; when finding it had hindered my growth, and weakened my body, I detefted it, and determined to leave it off, which I did for a fhort time, but could not conquer the paffion all at once; by degrees, however, I got the better of it. I am now near thirty years of age, and am naturally of a hot, ftrong and robust constitution, or at least I believe it would have been fo if I had not injured it by the above practice, for though it commenced at fo early a period, and was continued to a very great degree for five years, yet I cannot remember having any illness, or disorder on my body (except a deficiency of ftrength) till within these two or three years, when a loofeness came on, which continued for some time, and then went off of itself. In about fix or seven months after, it began again to a great degree. I then applied to a doctor, who flopt it for two or three months; it then came on again, and I had

recourse to physic, which brought off a great quantity of green jelly'd stuff. Since that time the loofeness frequently comes on about once a month, continuing a fhort time, and then goes off. I am sometimes bound in my body, though to no great extremity. Since the loofeness came on, I have been afflicted with boils breaking out of my arms and legs. I have often flying pains and foreness all over my body, and have of late grown very thin of flesh, though I have a good stomach and eat my meat with extreme greediness. My eyes are very thick, often run with water, and are dim and fore. I have a flight rupture on me, which came down in the left fcrotum. about half a year ago. With regard to the effect that this base habit has had upon the mind and fenses, I find it is exactly the fame as you represent it in your "Guide to Health"-fuch as dullness of memory, extreme lowness of spirits, faintheartedness, alarming fears, absent in company; and at every trifling loss or disappointment I am plunged into the deepest melancholy and despair, with numbness, lassitude and debility. You perhaps will not be furprifed when I inform you, that all those evils have brought on me a feminal weakness. I am rendered incapable of coition; my former lust has almost entirely abated; I have feldom an erection, and that but of fhort duration; my testicles hang loose and dangling. I have been troubled with nocturnal emissions, and have emitted my semen on slight occasions. And now, my dear Sir, I refer myself altogether to you, earnestly requesting, if it be in your power to restore my constitution to its natural tone and vigour, that you would fend me fuch medicines, with advice and directions for that purpofe, as you think proper, for which have enclosed you a bill, &c.

A gentleman at Peterborough, who had, in his youth, been guilty of felf-pollution, was attacked in his maturer years, with feveral diforders, occasioned by that practice. His complaints were generally of the nervous kind, and he was attacked mostly in bed after the first sleep with a disagreeable

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rumbling in the stomach, with pain and wind; the powers of digestion being weakened, the body was greatly bound, and from straining, a discharge similar to seed came, which occasioned a prodigious weakness in the penis, and rendered it so
very seeble that he could scarce obtain any erection, and could by no means effect perfect enjoyment of his wise; and it appeared as though there was some stoppage in the urethra which prevented the erection; the urine brought with it at times a
great deal of sand and gravel.

This gentleman was cured by a course of the Cordial Balm of Gilead.

A young gentleman, only 19 years of age, was greatly afflicted (through the practice of that destructive vice) with a swelling in one of his testicles, which confined him for three months; when it abated an impotence followed, and nocturnal emissions happened almost every night, accompanied with pains over the whole body, a noise in the ears, a swimming in the head, and great pain in his eyes, which resisted all medicine, and his rest entirely forsook him. In this dreadful situation he applied to Dr Solomon, who prescribed the Cordial Balm of Gilead, which soon checked the violence of the disorder, and by perseverance he is since persectly recovered.

A person at Glasgow, in Scotland, had been for many years in the habit of abusing himself with rollution, which produced very alarming and destructive symptoms, and such severe pains in his head, back, breast and thighs, that he was rendered incapable of attending to business. Having formerly been greatly afflicted with the venereal, he attributed these symptoms to the remains of that disorder; but having fortunately met with Dr. Solomon's publication, "The Guide to Health," which opened his eyes to the horrid consequences of that abominable practice, he applied to the Doctor, and was soon relieved from its fatal effects by the Cordial Balm of Gilead.

A young man, 23 years of age, and naturally of a strong and healthy constitution, was addicted to that destructive vice, Onanism, from a very early period of life, and continued in the practice of it for several years, till it produced its usual train of dreadful and afflictive symptoms, and effected a complete inability to perform the functions of manhood; it also produced so great a melancholy and dejection of mind, that he shunned every one he knew as much as possible; and the powers of the mind were so much changed, that he was totally lost and confused on being asked the plainest questions, which he was altogether unable to answer. This patient having persisted in a due course of the Cordial Balm of Gilead, was at last happily relieved, and recovered a good state of health.

A person, 28 years old, writes, that by the practice of Onanism he had brought upon himself a strong and continual pain in his breast, attended with a constant spitting of small lumps, sometimes of a yellow colour, at other times white. He was soon cured by the Cordial Balm of Gilead.

I am a young man, 18 years of age, and have had frequent connexions with a fervant girl, but of late have been feized with a weakness and general tremor in all my members, my face is become red, and my pulse weak; a tumour or swelling has taken place in my right arm, with a violent pain in my elbow, and I feel the pain and weakness always increased by copulation. Before I formed the above connexion, I unfortunately was taught that abominable vice Onanism, as it is called, by a schoolfellow, and followed it for near three years. Dr. Solomon will no doubt administer something that will relieve me, for which I will pay with the greatest pleasure. Please not to mention what my disorder arose from, but say it is owing to a weakness caught by a furseit or cold, as I must show your

letter to my friends, from whom I must obtain money to pay for the medicines, being not yet of age.

Cured by a course of the Cordial Balm of Gilead, and the regimen prescribed under the article Impotency.

"It is now fome time fince I was troubled with involuntary emissions, and a general debility in my whole system, owing to a destructive habit of polluting myself, a practice which I continued near seventeen years; but hy an advertisement in the papers I was directed to your Cordial Balm of Gilead, which has effectually cured me, and I am perfectly sensible of the pernicious effects of the above vice, and am determined never to be guilty of the like again."

Another writes-" Your name and abilities being the fubject of much conversation here, induced me to fend for one of your ever-to-be-admired books the "Guide to Health;" in perufing which, you have detected me in that deplorable vice of felf-pollution, for which I confider myfelf under the most lafting obligation to you. I am fenfible it has greatly debilitated me, and find the fad effects of it growing in every respect as you describe, such as absence of mind, melancholy, loss of memory, &c. though I have practifed it not more than ten or twelve months. You will be kind enough to fend me a fivepound cafe of your Cordial Balm of Gilead, which I hope will fet me to rights again, and it will add to the obligations I already feel. If I should be so fortunate as to be reinstated in my heath, it will be my pride to recommend both you and your excellent medicine on every opportunity. Inclosed is a five-pound bank bill."

Another patient says—" Having for some time past been afflicted with a seminal weakness, being frequently interrupted with unpleasant dreams and involuntary emissions, finding my-

felf much weakened, and troubled with a frequent pain in my head and the lower parts of my body, I was induced to communicate my fituation to a medical gentleman, who immediately told me what he conceived to be the origin of my complaint; till then I was ignorant of the ill consequences that arose from the vile habit I had practifed, and which I now, with the utmost abhorrence, blush to confess. The medicine he prescribed not appearing to give me any relief, and being anxious to have recourse to something that would, if possible, tend to a cure, I fortunately one day observed an advertisement of your Cordial Balm of Gilead. I immediately purchased a bottle, and finding immediate and wonderful relief, was induced to continue it; as fuch have taken ten bottles; though not absolutely quite recovered of the nocturnal weakness, and happy to fay it has greatly relieved the pain in my head, removed the foreness in my cheft, and dispersed the pains in the lower part of my body. As I hope, and indeed am morally certain (through the bleffing of God) to receive a perfect cure from persevering with your valuable medicine, I now take the liberty of requesting you to send me, by the coach, a five-pound box, containing the quantity of twelve half-guinea bottles of your Balm of Gilead, being the price you fix for that number being purchased at once, in your "Guide to Health," which I have bought. I have remitted herewith a bank of England note. As you do not particularly wish to have the name, and from my unpleafant fituation I at prefent wish to conceal it, you will excuse my figning initials only. Waiting your kind reply, I am, &c.

A. Z."

Having brought on myself many bad symptoms by that abominable practice self-pollution, and which I was taught by an apprentice of ours, which had reduced me to a very deplorable state, so that I was unfit for any employment, being always weak, seeble, dull and languid; I am exceedingly

happy to inform you, that I am quite restored to health, by following the directions in your "Guide to Health," and taking your Cordial Balm of Gilead.

A patient in stating his case says-" I acknowledge to my great shame, that I have been many years addicted to that vile practice, felf-pollution, fo defervedly reprobated by you in your "Guide to Health," and which has brought me into a state of total imbecility. About five years ago I contracted a flight venereal, and applied to my furgeon, who gave me fome pills, which occasioned a constant and copious discharge from the urethra, more he faid than he had ever feen in the courfe of his practice; after this had ftopt, I continued in the above fhameful habit of Onanism till I began to feel the terrible confequences of it, which for a long time I falfely attributed to the medicine I had taken during the venereal, as I had always a very strong mercurial taste in my mouth. I have been under the care of all the doctors and physicians in this part of the country, but can get no relief; fome have treated it as the effect of vile pollution, and others as the remains of a venereal imperfectly cured; but all their efforts have been ineffectual. A ftrong pain attacks me, more especially when warm in bed, in the small of my back, and in my left fide; the latter never leaves me. I have frequently a great pain, accompanied with a rumbling in my bowels, which are fometimes lax and fometimes costive; I am often affected with a great and distressing lowness of spirits, a strong palpitation of the heart, and a trembling all over me, and these symptoms seem to be daily gaining more strength. Having heard much of your famous medicine, the Cordial Balm of Gilead, I am desirous of trying it, if you think it would have its usual effect on me. I trust, Sir, you will candidly make me acquainted with the hopes you entertain from this medicine, or any other you may think proper to apply to my case, and please to send particular directions in respect to diet, &c. I have been shamefully imposed

apon by some of the advertising faculty in London, who have fent me a great quantity of medicines, which, I believe, have done me more hurt than good; but from your medicine, I hope I shall experience that relief, which I have sought for so long in vain.

J. H."

Perfectly cured by a course of the Cordial Balm of Gilead.

A middle-aged man, in Warrington, from the practice of that vile act, felf-pollution, brought upon himself great bodily weakness and debility, with a lowness of spirits, great agitations of the mind, sometimes approaching to infanity; a palpitation of the heart on taking the smallest exercise; at times a total loss of appetite, though at others he would eat his victuals with extreme greediness; such a degree of lassitude as frequently confined him to his bed for days together; till at last hearing of the Cordial Balm of Gilead, was induced to put himself under a course of it, which in a short time effectually cured him.

A young man, in stating his deplorable case, writes thus: "I am going to relate my case to you, which shocks me to think of, much more so to disclose. From my infancy I have been addicted to that abominable passion, Onanism, or self-pollution, to a most shocking degree. About seven years ago I contracted the venereal disease, which was cured by my surgeon, but left a gleet upon me, which continued running for 12 months; when I went to another eminent surgeon in our neighbourhood, who gave me a bottle of water to wash with, which soon put a stop to it, but since that time I have never had any inclination for a woman! About a twelvemonth ago, an involuntary slux, or discharge of urine, came upon me, and it has increased ever since, so that within these four months I have been obliged to sleep with a bladder to catch my water. If you think you can set me to rights, I shall take care not to be guilty

ef that abominable fin any more, and shall, as in duty bound, ever pray for the blessings of God to be showered on your head. Please to inform me what you think of my disorder, and what the expense will probably be. In your answer, don't mention the name of my disorder, as I must show your letter to my friends.

W. S."

This person was perfectly cured by a course of the Cordial Balm of Gilead in ten weeks.

Not long fince, a young woman, about eighteen years of age, who had enjoyed a good state of health, was seized with an astonishing weakness; her powers daily diminished; in the day time she was constantly overcome with drowsiness, and was at night unable to sleep; she lost her appetite, and a drop-sical swelling spread all over her body. She consulted me, and after I found that her menses were regular, suspected masturbation; the effect of the first question that I put to her, consirmed the justice of my suspicion, and the patient acknowledging it, convinced me. I represented to her the danger of such a practice, a cessation from which, and the medicine, in a few days stopped the progress of the disorder, and produced a most favourable change.

What can be more alarming than the deplorable condition to which the following patient had reduced himself?—
"Dear Sir, It is real necessity alone could induce me to address you upon a subject which I would willingly veil from my own imagination; but the direful consequences of it still lead me to reslect with bitterness upon the criminal indulgence of a foolish passion, which has, I fear, entirely ruined my constitution. In a word, Sir, I have practised it for some years with an avidity I could scarcely conceive myself capable of. Resisting the friendly warnings of nature, which by various symptoms of weakness, and an increasing debility, fully convinced me that

I was injuring myself most effentially; still, however, the inclination continued to gain ground, and I pursued it until at last I emitted pure blood instead of semen! which was sollowed by inflammation and swelling of the penis and testicles, and is accompanied with such excessive pain that I cannot rise from my bed, and can scarcely turn myself in it. I am asraid it is too late that I see the enormity of this practice; but, my dear Sir, if you can send me any medicine that will be beneficial to me, to reinstate me in my former strength, and something to somethe part with, to abate the inflammation and swelling, you will confer a lasting obligation on, &c."

A patient writes—" By a too frequent commission of that vile practice, Onanism, I am become so very weak, that I can scarce retain my urine, and I have almost every night an involuntary emission of seed, which increases my disorder greatly, and sometimes am troubled with fits of the incubus; the two disorders unite, and return every night; the phantom is that of a woman, which occasions at the same time the pollution. I hope, Sir, you will consider my distressful situation, and send me such medicines as you think proper, to cure my disorder, and to revive that strength which I have destroyed.

A young man, about 19 years old, states, that he was addicted from his youth to the practice of Onanism, which brought on a seminal weakness; that at various times he had pains in his head, breast, hips, loins and back-bone, which latter he chiefly observed on getting out of bed in the morning; he was much troubled with nocturnal and involuntary emissions, and sometimes diurnal ones; he had a continual perspiration about the parts, and swellings in the testicles, which grew dangling; a discharge of semen sometimes came with the urine,

and at stool; his spirits were low, his memory treacherous, and he was much fatigued with the least exercise. Cured by the Cordial Balm of Gilead.

A young man of remarkably strong constitution, who had practifed this vice for a great number of years, and then married, found himself too weak to effect copulation with his wife, and was likewise affected with various pains and much weakness. Having applied to the Doctor, he was happily restored to health and strength by the Cordial Balm of Gilead.

A person who had practised the vice of self-pollution for some time, sound himself exceedingly weak, and his health visibly decaying every day; he had also a sharp pain in his testicles, and a settled pain in the small of his back; was much troubled with nocturnal emissions, after which his pains would be more acute: having entered upon a course of the Cordial Balm of Gilead, his health was gradually repaired.

A young gentleman, who had recently practifed the vice of Onanism, and subjected himself to lascivious conceptions and dreams, by which a flow of the semen was occasioned, and whose constitution began to shew signs of general weakness, put himself under the care of Dr. Solomon, and was soon reestablished by the Cordial Balm of Gilead.

A young gentleman, only ten years of age, was initiated into the abominable practice of Onanism at a large boarding school, and by continuing it until he was sisteen years old, became so emaciated that he could scarcely be known, and was rendered altogether impotent; he had also frequent pains and itching all over his body. Cured in a short time by the Cordial Balm of Gilead.

When at school I was taught by a school-fellow that baneful habit, Onanism, and without conceiving the crime or knowing the injury I was doing my health, I have continued in the practice of it (I am ashamed to say) upwards of ten years, and had I not fortunately feen one of your pamphlets, entitled, " A Guide to Health," in a bookfeller's shop, of whom I was induced by the title to purchase it, in all probability I should have continued it to this day. When I fit down to bufiness I frequently find, as it were, my brains turned topfey-turvey; I have frequent violent pains in the head, and shoots as if a veffel gave way; added to this, I find myfelf completely debilitated, and not able to enjoy the embraces of a woman, as I cannot obtain a fufficient erection, but extremely weak and but of momentary duration; and at times, when afleep in bed, dreaming of the fair fex, having involuntary emissions, attended afterwards with heat in the parts, and a very flight erection. Sometimes when warm by the heat of a room, or after dancing, I feel as if a number of pins were pricking me. I had hopes that leaving off the pernicious practice would of itself be my cure, but as it is now nearly half a year I dare not venture longer, but hasten to obtain your advice, &c.

Cured by a course of the Cordial Balm of Gilead.

A gentleman at Manchester, writes, that he was taught the abominable practice of Onanism at school, when about thirteen years old, and continued the baneful practice till twenty-one, when he became acquainted with its destructive tendency, and abstained from the commission of it; he then expected all would be well, but found himself miserably disappointed. The genitals were amazingly relaxed; nocturnal emissions were frequently produced, by the image of a beautiful woman being presented to his imagination in a dream, which happened almost every night; his testicles were loose and dangling, attended with a continual perspiration; a breaking-out on his thighs, and insupportable itchings all over his body; a total incapacity for

the act of coition, which he had never been able to effect; he was also troubled with a violent and obstinate cough, and spitting great quantities of thick phlegm of a yellow colour.

After having tried many medicines to no effect, this gentleman was at last cured by a course of Dr. Solomon's Cordial Balm of Gilead.

A gentleman who had habituated himself for some time to the destructive vice of Onanism, complained of a great weakness in the nerves, seminal weakness, great pains, that he made but a very small quantity of water, which was high coloured; he had continually an inward sever, his hair was continually wet with cold sweats; very frequently a noise in the intestines, and of a costive habit.—The Cordial Balm of Gilead was administered with effect.

A gentleman, when he was 22 years of age, began the practice of Onanism, and continued it unremittingly for some time, which brought on him an obstinate nervous complaint, with a constant ringing in the head, an acute head-ach, and great pain in his stomach.

A young man, who had practifed the horrid crime of Onanism for three years, writes, "that about half a year after he had discontinued the practice, he was seized with a very severe cough, and spitting of thick cream-coloured matter, which most affected him when he rose in the morning or attempted to walk fast; to close his eyes in the night became very awful to him, for instead of enjoying rest, his mind was consused with soolish imaginations, which occasioned emissions of the semen, and was followed by rumblings of the bowels and slying pains in various parts of the body, the semen sometimes slowing without an erection; the private parts very small, and the ex-

eremity subject to small horny pimples, and excessive itchings about night."

Cured by the Cordial Balm of Gilead.

A young gentleman communicates a remarkable case of his beginning the practice of self-pollution at the age of six years, by squeezing his penis between his hands until he selt a pleasurable sensation, and continuing the practice constantly, which, after some time had the effect of producing semen. At sixteen he chanced to see a book, entitled Onania, which opened his eyes to the great criminality and dreadful consequences of this habit, and had sufficient resolution to desist, though he has frequent nocturnal emissions. The effects on him were great weakness, deasness at times, and a clouded mind bordering on stupidity; many pimples breaking out on his face and chest, and an alteration from a fair and florid complexion to a swarthy one; a cloud obscuring his sight on intentively viewing any object, or reading, writing, &c. and a deep remorse of conscience.

The following letter is too important to be withheld from the public.

Colne, Sept. 24, 1798.

Gentlemen,

I am, from the use of a bottle of Cordial Balm of Gilead which I bought of you, restored from great weakness, debility, pains in the back and head, to health; I had long been a sufferer; it was occasioned by a nervous complaint, originating by having made too free with my constitution. Had it not been for Dr. Solomon's Balm of Gilead, I might still have laboured under that distressing and afflicting complaint. Pray send me another bottle by the carrier, and oblige yours truly,

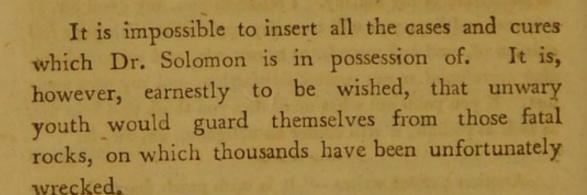
To Messrs. R. Byrne & Co. printers, &c. Burnley, Yorksbire.

The following case is too interesting to be omitted .-"The various remedies I've fought for an unfortunate malady I labour under, and without the defired effect, proves it a dreadful one indeed! There is still a hope in you. It proceeds from a malus babitus, at a boarding school, contracted at fifteen, inadvertently purfued till twenty, and the consequences have raged till now, twenty-eight years of age. You will naturally conclude it has produced a feminal weakness, nocturnal emissions, impotency, &c. and I have taken a large quantity of Dr. Hodfon's and Dr. Smyth's Restorative, Falk's Analeptic Tincture, &c. &c. without effect. The tone of the parts is deficient, and the erections very imperfect, the smallest irritation or even a dream creating emissions. I observe your advertisements as to the Cordial Balm of Gilcad; but before I proceed to purchase it, have thought it wise to ask your advice on the nature of my malady. I refort to you, my good Sir, as a friend, and hope you will treat my application with your full opinion of, and best attendance to my case, and we may hereafter correspond to our mutual satisfaction, and my own comfort. If you point out what medicines you think will help me, as foon as possible, it will confer an obligation on, Sir, &c".

Another patient writes-" It is with much shame I am at last induced to address you on my enervated situation, occafioned folely, I am convinced, by my having contracted in my early youth a most infamous habit, the continual practice of which has totally destroyed my constitution; the health of my body is not only affected, but the powers of the mind are much weakened; my judgment has loft its folidity, and my memory its retentive faculties; fo that I can call no past transaction distinctly to my mind, with all its connective circumstances, only from some confused and irregular ideas; my head is confused and subject to frequent swimmings, and I have been much troubled with an oppression at my breast, which occafions a constant perspiration. I have pains in my stomach,

yawning and fleepiness; my appetite is fluctuating; my spirits greatly depressed, so that at times I can scarce refrain from sighing and involuntary weeping; my eyes are inflamed and frequently emit a watery humour; in a word, I am an object of misery, and I apply to you, my dear Sir, consident from what I hear of your great abilities, and the extraordinary essentiates of your medicines, that if good can be done for me, I must hope for it only from you. You will please, therefore, to see the medicines and instructions you think proper, and no expense on my part shall be wanting. I am, &c."

Cured by a course of the Cordial Balm of Gilead.



As the above complaints seldom come within the observation of gentlemen in the general line of practice, it is no reflection upon their knowledge or judgement to say, that very few of them have an opportunity of that experience, which is the only solid foundation of medical fame: whilst Dr. Solomon's very extensive practice, and parti-

cular attention in these cases, enable him to afford that permanent relief to such unfortunate patients, as, perhaps, they cannot experience under any other physician in the kingdom. And it is with the greatest pleasure and satisfaction that he acknowledges the candour and liberality of those Gentlemen of the Faculty, who have so distinguishedly countenanced his claim to public approbation, as to recommend patients to his care.

Persons, however young, who have in the least given way to the delusive habit of self-abuse, should lose no time in applying to him, from whom they will meet with that tenderness and fidelity which such cases demand.



#### GENERAL DIRECTIONS

for taking the CORDIAL BALM OF GILEAD.



In all cases where the Cordial Balm of Gilead is administered (unless ordered to the contrary) is only to take from two tea-spoonfuls to two table-spoonfuls, (according to the age or constitution of the patient,) half an hour before breakfast; about five o'clock in the evening; and about an hour after supper; by itself, or in a tea-cup or wine-glass of water, or white wine, Madeira, or sherry. After the first bottle, the patient may also take a tea-spoonful or two of the Cordial about eleven o'clock in the forenoon.

A particular regimen or diet is unnecessary, reason and experience dictating every patient to use food of an easy digestion, and such as perfectly suits the appetite; and though forbearance is strictly enjoined them not to fall into excess, yet the constitution should be well supported, that nature, assisted by the Cordial, may have strength to throw off every noxious quality in the blood: and hence it follows, that living low, or weakening the

constitution by bleeding, purging, &c. must be carefully avoided. Persons of a cold constitution should eat and drink such things as carry a warmth into the blood; others of a hot constitution should use that which is cooling. It is not the quantity which a person eats, but what he digests, which nourishes best; and that food is most proper, which agrees best with the stomach.

Some disorders have been many years in proceeding to such a degree of malignancy as cannot be eradicated in a few weeks; therefore it is in order to encourage a steady perseverance in the use of proper means, that Dr. Solomon has adopted the plan of his boxes, with two large bottles, containing the quantity of twelve small ones, packed up safe for the country.



#### THE

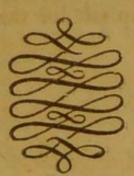
### CORDIAL BALM OF GILEAD

is in flint glass square bottles, with these words impressed on the glass,

"THE CORDIAL BALM OF GILEAD,

Prepared by Dr. Solomon, Solomon's Place, Brownlow Street, Late of Marybone, Liverpool."

And with each bottle is given the following copperplate certificate, signed by the Doctor himself, which is chequed and numbered, and will detect a counterfeit sort immediately:



" Solomon's Place, Brownlow Street, late of Marybone, Liverpool.

of Gilead is genuine, and was truly prepared by me,

S. SOLOMON, M. D."

Entered by (Clerk's Name.)

Observe also, on the outside of the wrapper is a fac-simile of the Doctor's hand-writing, which must correspond with the real signature to the cersificate, sealed up within the said wrapper, with a seal bearing the Doctor's arms and crest:

ARMS,—A Rose between two pierced Hearts:—CREST

—A Demi Wolf Rampant bearing a Rose.

With this Inscription round it, Cordial Balm of Gilead. Each bill of directions contains a copy of Dr. Solomon's Diploma or Degree of Doctor in Medicine as a regular Physician, granted to him by the University and College of Physicians.

All such as do not answer this description are assuredly counterfeits; and the Doctor will pay a Reward of FIFTY GUINEAS, on conviction of any person vending a spurious sort of the Cordial Balm of Gilead.



Observe the following Affidavit.

LIVERPOOL, to wit.

SAMUEL SOLOMON, of Liverpool, Physician, came before me and made oath, that he is the sole inventor and preparer of a Medicine, called the Cordial Balm of Gilead, and that he never discovered the ingredients from which it is prepared to any person whatever.

S. SOLOMON.

Sworn at Liverpool, before me, one of his Majesty's Justices of the Peace for the said Borough.

THOMAS GOLIGHTLY.

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# Diploma

Or Testimonial of the Degree of Doctor in Physic, granted to SAMUEL SOLOMON, at the Mareschal College and University of Aberdeen.

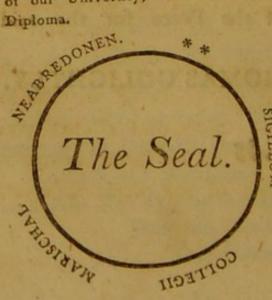
(Translated from the Latin copy, viz.)

To all and fingular perfons who may read, perufe, and to whose knowledge the privilege of the Degree of Doctor of Physic, by us granted, may come, We, the Doctors, Masters of Arts, and Professors, in the Mareschal College and University of Aberdeen, send greeting!

As it has been an ancient and laudible custom, that those who have applied themselves to learning, with much labour and affiduous fludy, should be honoured with fome fingular mark of distinction, as a testimony of their fuccessful perseverance, and a reward for their extraordinary merit, that the rifing generation may be incited by fuch examples, to purfue the arduous, but glorious career of eradition and virtue:----For which reason, we hereby do fignify to all persons whatever, that the learned gentleman, SAMUEL SOLOMON, Efg. having studied and practifed for many years, and thereby acquired fo great a proficiency in the falutary Art of Medicine, that we have found him well deferving of the highest honour we can confer upon him.

Therefore, We, the aforefaid Doctors, Masters of Arts, and Profesfors, with the unanimous confent of the Rector and Principal of the University, do declare and appoint the above SAMUEL SOLOMON, DOCTOR OF PHYSIC, WITH FULL LICENCE AND AUTHORITY for exercifing his profession, delivering Lectures, teaching and explaining the Art of Physic, in every part of the world: --- And, We, also, confer upon him, by virtue of this public instrument, all the Privileges, Immunities, and Honors annexed to that Degree, in their utmost Extent, according to the Form, Spirit, and Intention of the Statutes of this College and University.

In proof and attestation of which, we have affixed the Great Seal of our University, and our respective Names and Signatures, to this



GEO. FRENCH, Medicine Doctor, Professor of Chemistry, and Professor Promoter, P. T.

GUL. LAUR. BROWN, S. S. T. P. et Gymnasiarcha.

J. BEATTIE, L. L. D. Mor. P. P. PAT. COPLAND, Math. P. JO. STUART, Lit. Gr. P. JAS. BEATTIE, Jun. P. P. ROB. HAMILTON, L. L. D. P. P: JAS. KIDD, L. L. O. O. O.

# THE SCURVY.

The Scurvy proceeds from a vitiated state of the humours, occasioned by cold moist air, want of exercise, or being kept long on a diet of smokedried or salt provisions, unwholesome food, or any disease which weakens the body; or for want of a proper digestion of food that is hard and of little nourishment.

curvy is occasioned by eating salt provisions, which is too generally the case, the best medicines are all fresh vegetables, as oranges, apples, lemons, limes, tamarinds, scurvy-grass, water-cresses, brook-lime, &c.

New bread, fresh beer or cider, pot herbs, and a milk diet, seldom fail to remove a scurvy of this kind. But when these things cannot be obtained, as happens in long voyages at sea, the patient's food and drink in this case should be sharpened with cream of tartar, elixir of vitriol, or the spirit of sea-water, &c.

All kinds of sallads are good in scurvies, and likewise the decoction of the roots of water-dock, which is made by boiling a pound of the root, fresh taken from the ground, in three quarts of water, till about one third of the water is consu-

med. The dose is from half a pint to a pint a day, according to the strength of the constitution, and as the stomach will bear it. This must be used for a length of time, and will perfect the cure.

The intention of these remedies is to impregnate the blood with qualities opposite to those with which it is infected; and this must be done in a superior degree of force and power before a cure can be completed. But medicines are often administered under such nauseous forms, and in so crude and unqualified a state, that they not only torture the patient, but miss entirely their intended aim. The nauseous taste of medicine is nothing but its grosser particles, which, instead of entering the stomach to irritate and oppress its organs, should be drawn off by chemical process; for it is by the occult virtue of every drug, not its grosser part, that performs the cure.

Now the peculiar property of the CORDIAL BALM OF GILEAD is, that it combines the essential and occult virtues of all scorbutic vegetables, ready digested, concocted, purified, and resolved into an elegant balsamic essence, pleasing to the taste, and grateful to the stomach. It flies immediately to the heart, whether internally or externally applied, blends and assimilates with the venal and arterial blood, which it generates, corrects, warms, purifies, animates, and impels through the whole system. It cleanses all the viscera and

glandulous parts, particularly the lungs and kidneys; stimulates the fibres, whereby the gastric/ juice and digestion are promoted; dissolves viscid humours, and expels infection. It exerts very considerable effects on the whole nervous system, sensibly raises the pulse, strengthens the solids, and invigorates the animal spirits. It penetrates into the most intimate parts, opens the mouths of the minuter vessels, restores the natural perspiration, and promotes all the fluid secretions. In every stage of this dreadful complaint, and in all those sudden epidemical disorders which usually follow, from a wet, putrid, and unwholesome state of the atmosphere, it is an absolute specific; and as a preventive, an alterative, and purifier of the blood, it has not its equal in the world.

Ludlow, 29th March, 1798.

Sir,

I have the satisfaction to inform you, that I have only two bottles of your Cordial Balm of Gilead left unfold; and as a proof of the efficacy of the medicine, several of the most reputable persons in this neighbourhood have repeated their purchase, and acknowledged to have received great benefit from taking it; and am requested to fend the undermentioned Case, for the good of the public.

I am, Sir, yours, &c.
THOS. GRIFFITHS.

I, THOMAS JAMES, Farmer, of Redford, in the parish of Burford, in the county of Salop, late of Steventon, in the

parish of Ludford, in the county of Hereford, have been afflicted with a scorbutic humour in my blood, which broke out in blotches all over my body, and by taking two bottles of your Balm of Gilead, and sollowing the directions, I am now happy to inform the public that I enjoy as good health as ever I did in my life.

THOMAS JAMES.

### RHEUMATISM.

The rheumatism is a painful disorder, the seat of it is in the membraneous parts of the body: it is sometimes mistaken for the gout. The chronic rheumatism, if idiopatic, is very easily cured, however dificult it may be thought to be. The Author conceives he has a right to speak with confidence on this subject, for he has had the management of innumerable rheumatic cases, and never found any difficulty in curing them with the following remedies. Bleeding protracts the cure in chronic cases. If symptomatic, the cure depends on the removal of the primary disorder.

The remedies which I have had such extraordinary success with are,

The Cordial Balm of Gilead, a bottle; Volatile Tincture of Guaidcum, two ounces: mix them. Two tea-spoonfuls four or five times a day is a dose.

And externally,

Rectified Oil of Amber and Turpentine, mixed, may be rubbed into the part affected, and covered with flannel.

This method need only be tried, for its success is certain: I solemnly declare that I have found it to be safe, certain, and efficacious. It possesses every virtue that may justly be ascribed to any preparation of guaiacum; and though its effects seem so wonderful, yet its efficacy is so great, that it powerfully stimulates the alimentary canal, and the capillary tubes of the body, without the least hazard or danger.

Here is a medicine communicated, which is easy to be prepared, and yet of superlative efficacy; whether the intention be to open obstructions, or deterge the most intimate recesses of the body. Nothing can be a more certain or safe sudorific, for it heats but very little; whence it may be given successfully in slow and intermittent fevers, chronical diseases, but principally in obstinate rheumatisms.

The cures which Dr. Solomon has performed with the above remedy, would alone fill more than the compass allotted to this work.

The following cases, however, the Doctor conceives it to be his duty to insert, as the persons were all cripples, and deprived of the use of their limbs.

#### CASES.

I, EDWARD BANKS, Farmer, of Melling, near Liverpool, do certify, that for a long time I was most severely afflicted with violent pains in my hip, thigh, legs and seet, which deprived me of the use of my limbs, so that I was unable to walk, stir, or lie down without assistance, and was obliged to walk on crutches, with the greatest pain. By using Dr. Solomon's medicines for no more than seventeen days, I am now able to walk forty miles, without stick or crutch, and am entirely free from any pain whatever.

Witness my hand,

EDWARD BANKS.

Stockport, 16th July, 1793.

# TO DR. SOLOMON, LIVERPOOL.

Sir,

About two years ago, I was seized with a swelling in my leg, which increased to a prodigious size, and occasioned great pain, rendering me incapable of following my trade, for more than three months. After having used abundance of means to no purpose, I at last fortunately heard of your great skill, and of the many cures which you have performed; and as you was then, luckily for me, at Manchester, I made shift to get to you in a cart. By using your medicine, the swelling abated, and in a month's time I was able to sollow my employment, and by the blessing of God, I have had no return of my complaint to this day. I return you my grateful thanks, and desire you will make my cure public, for the good of mankind. I remain,

Dear Sir,
Your obedient humble fervant,
GEORGE RICHARDS.

TO DR. SOLOMON, LIVERPOOL. Dear Sir,

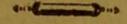
Having laboured half a year under a sprained knee, complicated with the rheumatism, to a degree that made me use crutches, and having tried a great variety of means under able practitioners in our neighbourhood, without experiencing

the least good effect, I then had recourse, by recommendation, to you; and by applying your medicines a few times, the use of my legs was restored, and the contraction so effectually remedied, that the joint became strong and active, as if nothing had happened to it. I shall always entertain the highest opinion of your skill, for the great cure performed on,

Dear Sir,

Your most humble fervant,
ALEX. FAULKNER.

Ulverstone, May 4th, 1794.



## GOUT.

The gout is a chronical disease, most commonly affecting the feet. If it attacks the knees, it is called GONAGRA; if the hands, CHIRAGRA; if the elbow, ONAGRA; if the shoulder, OMAGRA; if the back or loins, LUMBAGO.

THE CAUSES.....Irregularity with respect to some of the non-naturals, immoderate venery, feeding frequently and immoderately on fat, great exercise, a moist cold air, a contusion, tartarous wines, fermenting liquors; acid gas, as appears from the sour sweats and acid eructations so common in arthritic paroxysms; fruit, vegetables, the passions of the mind, indolence, &c. &c.

THE SYMPTOMS.....A most intense pain, as if a wedge were fixed between the joints, or as

stretched to such a degree, that the unhappy patient thinks it will burst every moment: when this is the case, it is seldom more than six hours before the pain abates, and welcome sleep succeeds. Sometimes the sensation is similar to that which would be brought on if the parts were gnawed by carnivorous animals. Those who have been often tormented with it, have sometimes a cretaceous matter issue from the bursting of the small vessels, which is an induration of nervous filaments, and is actually chalk; for the nerves seem to be originally constituted of a chalky earth, lengthened into fibres by animal glue.

It is generally supposed incurable; so all disorders are said to be that which most practitioners

know not how to cure.

The fits have been undoubtedly rendered milder, and perhaps totally prevented by the following method: it has succeeded in the removal of many inveterate gouts, though they have been of long standing, and every year exacerbating.

A strong proof I shall hereafter give from a gentleman of fortune, worth and integrity, which will demonstrate beyond the power of contradiction, that

there is a remedy for the gout.

THE MODE OF CURE.....Let the patient live wholly on animal food, or use a milk diet: he may drink plentifully of two-milk whey; but must abstain from all vegetables, claret, and malt

liquors. Spirits, diluted with water, will do no harm. Exercise is absolutely necessary, and too much cannot be taken, nor too often repeated. The mind should be kept as calm and composed as possible. Amusement and a little dissipation of thought is necessary.

If the gout seizes the stomach, give immediately half an ounce of æther, with a scruple of camphire in it. Let it be taken alone in a spoon, without swallowing any thing after it: if the sensation it occasions is disagreeable, let the mouth be rinsed with water, and spit it out. It is an admirable remedy, and has uniformly proved efficacious where tried. After which, a course of the Cordial Balm of Gilead must be entered upon.

To fix an erratic gout, and bring on a regular fit, give tincture of asafætida and Cordial Balm of Gilead equal parts, two tea-spoonfuls of each thrice a day, and bathe the great toe and metetarsies with water of ammonia.

If the fit comes on in good earnest,

Take camphire, fifteen grains; purified opium, ipecacuanha, of each three grains; precipitated sulphur of antimony, vitriolated quicksilver, each two grains; aromatic confection, enough for a bolus.

Let this be washed down with the following draught:

Take of tincture of guaiacum, six drams: water,
eight spoonfuls.

After taking this bolus and draught, the patient should lie between the blankets.

Let the Cordial Balm of Gilead be taken regularly as ordered in the General Directions, (to which refer), and the draught repeated every night for some time, with the addition of two drams of elixir of aloes, if costive; and be assured that the gout is incurable will no longer be taken for granted.

# FROM GEORGE MALCOLM, ESQ.

Dated Potteloch, in Argylesbire, January 21st, 1799.

return home, but after taking a bottle of the Balm of Gilead every painful fensation left me. I can now stand sirmer, and use my feet and toes almost as well as a man of my years can expect; and I have not the least doubt, if a man lives temperately, but that the Balm of Gilead will effectually cure the Gout, if not of too long standing. I even then would recommend it as the medicine best calculated to give ease and comfort to any person labouring under the cruel disorder".

Postscript to another letter, 6th February, 1799.

"My legs and feet continue quite clear of every gouty fymptom. I never tried any thing for the Gout that afforded me the smallest relief but the Balm of Gilead, and that has certainly removed, at least for the present, most effectually, the pains which particularly affected my ancles and great toes, and never left them for five years; the left one was long use-less to me. I now move it with the greatest ease".

### RESPECTABLE ATTESTATIONS,

Unparalleled by any other advertised medicine in the world—given voluntarily by men of character and respectability—men who have daily witnessed its efficacy, and observed its sterling merit.



#### FROM WHITEHAVEN.

Extract of a Letter from Mr. John Ware, of Whitehaven, to Dr. Solomon, dated the 7th March, 1799.

"Respecting the sale of the Balm of Gilead in this neighbourhood, for the most satisfactory reply to your enquiry I must refer you to my repeated orders for it. These may indeed be small in comparison with the demands from more populous districts; but I do assure you that I have never undertaken the sale of a medicinal article (even at balf the price) which has been so generally called for; and you are sensible that there is now (at the end of the sourth year) no diminution; on the contrary, it would now be more than ever inconvenient to be a single day without it. You will therefore be pleased to dispatch a fresh supply per the very first coach, that the sale may not receive a check, and my customers be disappointed."

## FROM GLASGOW.

To S. Solomon, Esq. M. D. Liverpool.

Dear Sir, Glasgow, 18th Feb. 1799.

The fame of your Cordial Balm of Gilead has spread like electricity or lightning in this place: A gentleman who used it only a few days says it has renewed his youth:—In short

all who try it fairly, acknowledge the great benefit they derive from it. The best proof I can give you of its success is, that though I sell every patent medicine of repute in the kingdom, such are the beneficial effects of the Balm of Gilead, that I sell more of it than I do of all the rest, which must be the result of the benefit derived from it in a number of complaints—and every one telling another of the great effects of this truly wonderful medicine. I have the authority of the first personages and gentry in Scotland, to make use of their names in referring any one to them for information relative to its efficacy, but who do not wish to have their names in print. In addition to the 40 dozen half-guinea bottles which I have just received (my last supply of double that quantity being gone), please to send per first vessel for Greenock, 24 of the £.5 cases without sail, as nine of them are bespoke.

I am, dear Sir, yours, &c.

ANGUS M'DONALD.

#### FROM CARLISLE.

Mr. Jollie, of Carlisse, declares, that for a long series of years during the whole course of his business, he never had so great a demand for any other medicine as for the Cordial Balm of Gilead.

Extract from the Salisbury Journal, Aug. 22, 1798.

"The printer of this paper has received information from Mr. J. Moore, of Poole, dated the 13th of June, stating that several gentlemen have taken the Cordial Balm of Gilead at that place, and have experienced great benefit indeed; the first bottle gave one of them the most wonderful relief, and a sew more effected a complete cure.

#### FROM KENDAL,

Kendal, March 2, 1797.

Sir,

Many respectable characters in the neighbourhood of Kendal, have declared that your Cordial Balm of Gilead has proved, to their certain knowledge, a most falutary and sovereign medicine for those complaints which it is recommended in that interesting publication of yours, entitled, "A Guide to Health;" and they have found it perfectly to agree in every instance wherein it has been tried. I have therefore to request that you will have the goodness to fend me another large supply per first carrier, as I have not a single bottle left, and likewise some copies of your new edition of the "Guide to Health." Inclosed is a bank-note, which please to place to the credit of my account.

I am, Sir your very obedient fervant,

MICHAEL BRANTHWAITE,

Bookfeller and Paper-maker, Kendal.

#### FROM SHREWSBURY.

To S. Solomon, Esq. M. D. Liverpool.

Sir,

Of your popular medicine, the Cordial Balm of Gilead, I have fold feveral large packages, I ordered from you, and have begun upon the last box, which I received a few days ago, and expect the bottles will be gone in a very short time. I would wish you therefore to fend me another supply of twelve dozen by the first carrier, together with the parcel of the Treatises of the "Guide to Health," which I ordered some time back, and which would have been all sold, had they been ready when I ordered them.

The Cordial Balm of Gilead is in great repute in this part of

the kingdom, and I have heard great commendation of it from the ladies and gentlemen who have purchased it.

Inclosed I fend you a bank note, which please to put to the credit of my account; and am, Sir, your very humble servant,

THOS. WOOD,

Printer of the Shrewfbury Chronicle.

#### FROM MANCHESTER.

To S. Solomon, Esq. M. D. Liverpool.

Sir,

The demand for your Cordial Balm of Gilead, has certainly been more than for any other medicine that has ever come within our knowledge and experience; and from the continuance and increase of that demand, as well as from the expressions of approbation which we have heard from the purchasers, we believe it to be intrinsically falutary, balfamic and good, well calculated to administer to the comforts and relief of the afflicted. We are, Sir, yours, &c.

COWDROY and BODEN,
Printers of the Manchester Gazette.

#### FROM HULL.

To Dr. SOLOMON.

Sir,

I have fold a number of bottles of your Cordial Balm of Gilead, and have not heard a fingle complaint against it; so far from that, I fold two bottles to a Gentleman Farmer at Barrow, near Hull, who informed me his son had found himself much better after taking them: I believe it was for a nervous complaint.

Yours, respectfully,

W. RAWSON,

Printer of the Hull Advertiser.

#### FROM EDINBURGH.

Edinburgh, 11th Jan. 1798.

Sir,

The cures effected in Scotland by your medicine, the Cordial Balm of Gilead, in a variety of fingular cases within my knowledge, has rendered the sale thereof rapid beyond example in this part of the Island. I have therefore to request you will lose no time in forwarding me a very large supply by the first carrier.

I am, Sir, very respectfully,
Your obedient servant,
J. BAXTER.
Italian Warehouse, South Eridge.

To Dr. Solomon, Liverpool.

The Cordial Balm of Gilead, I declare that I have always heard the greatest encomiums of; it has given universal satisfaction to those who have purchased it.

W. MEYLER, Printer, Bath.

Extract of a Letter from Mr. SWINNEY, letter-founder, Birmingham, to Mr. SCHOFIELD, Printer, Dale-street, Liverpool, dated Nov. 7, 1798.

"Pray have the goodness to inform Dr. Solomon, that a Gentleman in this neighbourhood was for a year and a half so ill, that he could scarcely keep sustenance enough on his stomach to support life, and that he is now perfectly recovered by the Cordial Balm of Gilead".

Mr. Swinney, Printer of the Birmingham Chronicle, in a letter to Dr. Solomon, fays, that he has frequently fold Bottles of the Cordial Balm of Gilead to the fame people, at various times, and never had any complaint to its prejudice; on the contrary, the demand being fo great for it, that he requests an immediate fresh supply per first conveyance.

# To S. SOLOMON, Esq. M. D. Liverpool.

Sir.

You need not be informed that I have fold, in the course of three months, several large supplies of your Cordial Balm of Gilead, and a great number of that interesting publication, the "Guide to Health". The sale of the medicine in this neighbourhood, has indeed exceeded all calculation, and its wonderful efficacy is a subject of conversation in almost every company. A person in this country has been in such a melancholy state for several years past, as to sit in the house almost continually in the same posture, without ever going into the street. After having taken three or sour bottles of your Balm of Gilead, he experienced a surprising alteration; his melancholy by degrees gave way, and he calls upon and converses cheerfully with his neighbours, and he is perfectly recovered.

#### J. DREWRY,

Printer of the Staffordsh. Advertiser, Stafford.

Sir,

Since I wrote you an answer to your last letter, I have fold the remaining part of the Cordial Balm of Gilead; I must therefore request a fresh supply immediately, as I should be forry to disappoint the patients who are now taking it. I have the satisfaction of saying, that two ladies who have had several bottles, experienced great benefit from it, and mean to recommend it strongly.

I am, Sir, respectfully,

Yours, &c.

THOS. HOLL.

Worcester, Sept. 5, 1796.

## To S. SOLOMON, Esq. M. D.

### Liverpool.

Sir,

In confequence of the furprifing cure performed by your Cordial Balm of Gilead, on Mr. Wilkinson, of this place, (who wrote you an account of his case and cure), we continue to have a great demand for the medicine. Indeed several other people in this place and neighbourhood have received great benefit from it. You will immediately send us another box of the medicine same as last, with the addition of a dozen of your "Guide to Health", by the first carrier.

We are, Sir,

Your obedient fervants,

CHRISTOPHER & JENNETT.

Stockton, Oct. 10, 1797.

To S. Solomon. Esq. M. D. Liverpool.

Sir,

I have the fatisfaction to affure you, that your medicine the Cordial Balm of Gilead, has not undefervedly gained fo great a reputation in the vicinity of Whitehaven—many cases could be adduced wherein it has been highly efficacious; among the rest, a gentleman of my acquaintance waited upon me and entreated that I would make you acquainted with the wonderful cure he had experienced by the use of a sew bottles of it, which he purchased from me. His complaint was of the Nervous kind, and of many years standing, and tho' many remedies had been unsuccessfully tried, nothing but the Balm of Gilead produced that happy change in his whole system, which he had for many years sought in vain.

If further information is necessary, you may refer any respectable enquirer, by letter, post paid, to,

Sir,

Your most obedient humble servant, WM. ALBIN.

Whitehaven, May 5th, 1799.

P. S. I have fold great quantities of the half-guinea bottles of the Cordial Balm of Gilead, and nothing has added a greater function to my shop as a young beginner, than having it in my possession.

Sir,

We declare that we have fold a great number of bottles of your Cordial Balm of Gilead, and never heard the least complaint against that medicine, which we consider of real virtue and efficacy.

MERRITT & WRIGHT,
Printers of the Liverpool Phænix.

As vender of the Cordial Balm of Gilead, I declare, that I have heard the greatest encomiums bestowed upon it as a medicine in great repute, and which has given universal satisfaction.

T. SCHOFIELD.

Dale-street, Liverpool.

Mr. H. Holmes, jun. Leeds, likewife adds his testimony to the great demand, extensive sale, and salutary essicacy of the Cordial Balm of Gilead. J. Clarke, printer and bookfeller, fays, the demand for the Cordial Balm of Gilead, in the town and neighbourhood of Stockport, (at which place he is the only vender), increases daily; and, judging from the celebrity it has so universally gained, as well as from local evidence, he entertains not a doubt of its efficacy in those complaints for which it is recommended.

Mrs. Ann Tye, bookseller, Wrexham, informs Dr. Solomon, that she was cured by the Cordial Balm of Gilead, of a Nervous Complaint, Flatulence, and fixed Pain in the Stomach, of many years standing, and has heard great encomiums bestowed on it by those who have purchased it.



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# INSTRUCTIONS.

INSTRUCTIONS

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### Instructions

NERVOUS, CONSUMPTIVE,

AND HYPOCHONDRIAC COMPLAINTS,

and to all persons who labour under any weakness or debility, from whatever cause arising,

WHILE UNDER A COURSE OF
THE CORDIAL BALM OF GILEAD.

### 130cm

As Dr. Solomon's practice is now become so great and extensive, and his constant engagements require a considerable portion of his time and attendance, he expects, when consulted, the usual compliment of a Guinea; but all written cases, or letters of advice, to be answered at his leisure, are required to inclose only Half-a-Guinea.

Such letters should for safety, be thus directed: "Money letter.—Dr. Solomon, Solomon's Place, Liverpool.—Paid (double) postage.

### A SAVING OF £1. 6.

The CORDIAL BALM OF GILEAD is sold in bottles, price Half-a-Guinea each; there are also boxes, price £5. containing equal to twelve bottles at

10s. 6d. by which the patient saves £1. 6. These can be had at the Doctor's Place, Brownlow Street,

Liverpool.

It is necessary to observe, that the postage of all letters whatever is to be paid, and the carriage of all parcels, or a sufficient sum inclosed for that purpose, over and above what is to be returned in medicines. But in order to encourage patients to send to the proprietor for them, (by which means they will be sure to have them genuine), for a remittance of a Five Pound Bank Bill, he will return medicines to the amount of Six Guineas.

Those who wish to have the medicine immediately from the Doctor, by sending the money for any quantity they think proper (and in small orders one shilling more for the box) will have them sent by such carrier as they shall appoint. Orders with a draft for any sum may be sent by post, and the balance will be returned in the box; or orders with cash may be inclosed in a box or small parcel, by any of the coaches, diligences, or waggons, and will be duly attended to.

As it is frequently the desire, and in some cases absolutely necessary, for patients to be under Dr. Solomon's immediate inspection; Gentlemen may be supplied with every accommodation of board, apart-

ments, and attendance, in his own house, on terms that will meet with approbation, according to the circumstances of the case, or nature of their accommodations, with or without the use of the Doctor's chariot or curricle.

For the sake of those who desire, through the blessing of God, to retain the health which they have recovered, or are under a course of the Cordial Balm of Gilead for the recovery thereof, I have added a few plain easy rules.

The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor going to bed, or a draught of water with a toast.

Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.

Every one who would preserve health, should be as clean and sweet as possible in their houses, clothes and furniture.

The great rule of eating and drinking is to suit the quality and quantity of the food to the strength of the digestion; to take always such a sort and such a measure of food as sits light and easy upon the stomach.

All pickled or smoaked, or salted, or high seasoned food is unwholesome. Nothing conduces more to health, than abstinence and plain food, with due labour.

For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, is sufficient.

Water is the wholesomest of all drinks; it quickens the appetite, and strengthens the digestion most.

Strong, and more especially spirituous liquors, are a certain though slow poison. Experience shows, there is very seldom any danger in leaving them off all at once. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off so safely as water.

Malt liquors, except clear small beer, or small ale, of due age, are exceeding hurtful to tender persons.

Coffee and tea are extremely hurtful to persons who have weak nerves.

Tender persons should eat very light suppers; and that two or three hours before going to bed.

They should constantly go to bed about nine, and rise at four or five.

A due degree of exercise is indispensably necessary to health or long life.

Walking is the best exercise for those who are able to bear it; riding for those who are not. The

open air, when the weather is fair, contributes much to the benefit of exercise.

We may strengthen any part of the body by constant exercise. Thus the lungs may be strengthened by loud speaking, or walking up an easy ascent; the digestion and nerves by riding; the arms and hams, by strongly rubbing them daily.

The studious ought to have stated times for exercise, at least two or three times a day; the one half of this before dinner, the other before going to bed. They should frequently shave, and frequently wash their feet.

Those who read or write much, should learn to do it standing; otherwise they will impair their health.

The fewer clothes any one uses, by day or night, the hardier he will be.

Exercise should always be on an empty stomach; should never be continued to weariness; and after it, we should take to cool by degrees, otherwise we shall catch cold.

The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

Cold-bathing is of great advantage to health: it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold. Tender peo-

ple should pour water upon the head before they go in, and walk swiftly. To jump in with the head foremost, is too great a shock to nature.

Costiveness cannot long consist with health; therefore care should be taken to remove it at the beginning; and when it is removed, to prevent its return, by soft, cool, open diet.

Obstructed perspirations (vulgarly called catching cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats.

The passions have a greater influence on health than most people are aware of.

All violent and sudden passions, such as grief and hopeless love, bring on chronical diseases.

Till the passion which caused the disease is calmed, medicine is applied in vain.

The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds. And by the unspeakable joy and perfect calm, serenity and tranquillity it gives the mind, it becomes the most powerful of all the means of health and long life.

The proper dose of the Cordial Balm of Gilead

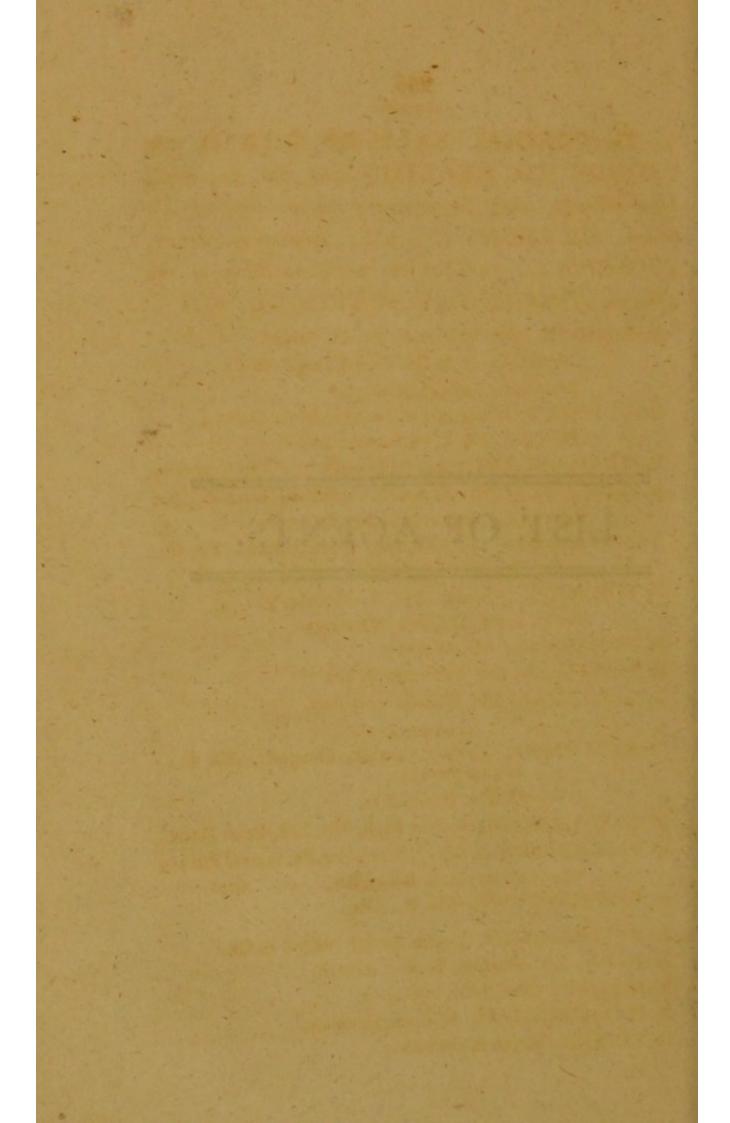
is from two tea-spoonful to two table-spoonful an hour before breakfast; about ten; five o'clock; and an hour before supper, either by itself, or in a wine-glass of Madeira, sherry, water, or any other convenient liquid.

It is in vain for people to take medicine for any disorder whatever, if they do not pay some attention to their mode of living, during the administration of proper remedies; for the best prescriptions may be rendered useless by inattention to these particulars; whilst good nursing, and a due regard to diet, are great assistants to the most able physician. It is therefore desired that particular attention may be paid to the directions concerning regimen, which are treated of in this book, under their respective heads.



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# LIST OF AGENTS.



The CORDIAL BALM OF GILEAD, the "GUIDE TO HEALTH", and Dr. Solomon's other Works, may be obtained every day, at his house, SOLOMON'S PLACE, Brownlow Street,

house, SOLOMON's PLACE, Brownlow Street, LIVERPOOL; and for the accommodation of the afflicted, of the following respectable Agents, viz.

In LONDON, Mr. Mathews, No. 18, Strand;
Meffrs. Dicey & Co. Bow Church Yard;
Mr. Tutt, Royal Exchange.

In DUBLIN, Spilsbury & Co, No. 45, Mary Street; Davidson, No. 1, Parliament Street.

In GLASGOW, Mr. Angus M'Donald, Jeweller, Irongate.

In EDINBURGH, Mr. A. Smith, Perfumer, North Bridge;
Mr. Baxter, South Bridge;

Davidson and Gladwin, Confectioners, No. 45, St. Andrew Street.

In KINGSTON, Jamaica, Mr. A. Menzies; Doct, Isaac D'Costa Alvarenga.

In DEMERARA, Mr. Watkins.

In BENGAL, Meffrs. Tabreston & Co.

In CALCUTTA, Mr. William Ardefton.

AMERICA.

In BALTIMORE, Arthur Carrick, Druggist, No. 5, Center Market.

J. Rice & Co. Bookfellers.

in NEW-YORK, Mr. Robert Bach, No. 128, Pearl Street.

In PHILADELPHIA, Mr. J. Malcolme, 78, Second Street;
Mr. John Poyntell, Bookfeller, - ditto.

In CHARLESTOWN, Mr. R. Allan.

In PETERSBURGH, Martin Leand. Soltan & Co.

In PARIS, Cit. Mornay, 2, Rue Favarit.

In MADRID, Don Antonio Gomez.

In HAMBURGH, Mr. William Remnant.

In VIENNA, Heren Kirkebeck.

And by whomsoever the said GENERAL AGENTS appoint in their respective Districts ...... Also, by one or more Agents in every Country Town in Great-Britain, Scotland, and Ireland, viz.

Alnwick, Graham and Smith Atherstone, Leigh Aylesbury, Wheeler Ashby-de-la-Zouch, Dewes, Beadimore Aberdeen, Mitchell, J. Anderson Blandford, Simonds, Durdon, Ashbourn, Oakes, Walker Abergavenny, Price Axminster, Bull Alton, Roe Arundal, Blanch Abingdon, Cripps, Watts Bolton, Gardner Bury St. Edmunds, Rackham, Ingram, Dingle Birmingham, Swinney Blackburn, Waterworth, Hem-Bilston, Proud mingway Briftol, Pine & Son, W. Brown, Biddeford, Griffiths, Manning Routh, Shiercliff, Emery and Bungay, Diball, Miller Adams, Sheppard, Bulgin Bath, Crutwell, Meyler, Hooper Bakewell, Staniforth and Keene, Hazard, Barratt, Broseley, Guest Smith Berwick on Tweed, Phorson, Bedford, Smith Barniley, Bent Bafingstoke, Toovey, Hulbert, Mathews Beverley, Turner Boston, (Lincolnshire) Hellaby Brighthelmstone, Gregory, Crawford Brecknock, W. and G. North Burton-on-Trent, Dodfworth

Bridgnorth, Gitton Bromfgrove, Prowett, Rofe, Greening Beccles, Horth Bishops Stortford, Jones Sollers Burflem, Tregortha Banff, Cave Brigg, Hayes and Son Bridlington, Holtby, Stephenson Bosworth, Shenstone Bury, (Lancashire), Howard, Hartley, Haworth Bradford, (Wiltsh.) Nicholson, Hopkins, Davis Barnstable, Syle Buxton, Moore Bridport, Tucker, Roberts, Wellington Bridgwater, Tazewell, Poole Bewdley, Prattington Bicefter, Stephens Brentford, Norbury Beaminster, Hine Bishops Waltham, Jennings Baincree, Shearcroft Banbury, Beefley, Marriott Baldock, Mason Barnard Castle, Proctor Bedall, Watfon

Coventry, Rollason, Luckman Doncaster, Sheardown, D. Boys and Suffield, Merridew Canterbury, Bristow, Keene, Simmons and Kirkby Chelmsford, Meggy & Chalk Caiftor, Booth Chatham, Etherington Cambridge, Hodfon, Gee, B. Flower, O. Gregory Carlifle, Jollie, Mitchell, Scott Chesterfield, Calow Chippingham, Coombs Cirencester, Smith, Stevens Colchester, Keymer, Marsden Chard, Gundry, Tucker, White Doddington, Fokelove Congleton, Dean, Carmarthen, J. Daniel Clithero, Sumner Cardiff, Bird, Graves Cheltenham, Harward, Buckle, Deptford, Davis Freeman Crewkerne, Wills Cupar, Dempster Cleobury, Newal Cockermouth, Walker Calne, Bailey Castle Carey, Francis Corfe Castle, Butler Chatteris, Curtis Chichester, Phillipson Charlestown, R. Allan Corsham, Kington Croydon, Shorey, Ward Chepitow, Morris Clapham, Batten Chippingnorton, Chavafle Derby, Drewry Devizes, Smith, Broughton, Everett, Newton Daventry, Cullingworth, Robins Folkstone, Perdie Heavysides, Naylor

Durham, Clifton, Pennington Debenham, Abbot Deal, Role, Long, Sharpe Drayton, Armstrong Chester, Fletcher, Poole & Son Dundee, Allan, Swapp & Co. Dumfries, Wylie, Dickfon Dartmouth, Jackson, Burroughs Dudley, Rann, Hughes Dorchester, Virtue, Lockett, Frampton Driffield, Etherington Denbigh, Rodin Dalkeith, Meggit Dunfermline, Fotheringham Dartford, Sanham Dover, Ledger, Neales Dunstable, Queensborough Durfley, Moore, Harding Dereham, Barker Demerara, Watkins Dublin, Spilfbury and Co. Davison Difs, Brown Exeter, Trewman and Son, Sweetland, Dodge, Woolmer, Potbury, Penny Ely, Brackenbury Evefham, Agg Egham, Boult Eaton, Smith Edinburgh, A. Smith, North Bridge, Davidson & Gladwin Ellefmere, Birch, Baugh Epfom, Parish Eastbourn, Heatherley Falmouth, Elliott Feversham, Coveney, Creed Darlington, Appleton, Darnton, Frome, Griffith, Daniel, Haffal, Carev

Farringdon, Blunden Farnham, Mrs. Cook Glocester, Raikes, Pytt Gosport, Harding Gainsborough, Towne Glafgow, Angus M'Donald Gravefend, Dadd Grantham, Hurst, Mitton Guernsey, Hill, Gueria Guilford, Ruffel, Piggot Godalming, Cook Glastonbury, Crowe Greenwich, Braine Hereford, Walker, Allen, Wat-Knighton, Evans Hull, Rawfon Halifax, Edwards and Son Harborough, Harrod, Dawson Haverfordwest, Owens Hitchin, Meers Huddersfield, Brook & Lancafhire Howden, Savage Huntingdon, Jenkinson Honiton, Tooze, Williams, Billet, Clark, Rogers Helston, Mathews, J. and W. Rogers Hythe, Jarvis Hinkley, James Haltings, Barry Hertford, Allen Harwick, Ennefer, Sickleprice Horncastle, Weir Holbeach, Quincey Highgate, Elfon Hounflow, Mathews Hammersmith, Roberts Henley on Thames, Norton Hanley, Mort Hexham, Dickenson Halefworth, Knevet Hawick, Gray

Hamburgh, W. Remnant Ipfwich, Middleditch, Mrs. ermyn Invernels, McIntosh & Co. Ironbridge, Miller liminiter, Mullet Ilford, Perryn Kendal, Branthwaite Kelfo, Palmer Kingston, Burham and Strange Knarefborough, Hargrove Kidderminster, Gower Kingsbridge, Nicholfon Kenfington, Brounkir Knutsford, Leech Kelvedon, Fox Leeds, Binns, Holmes, Wright Liverpool, Bowman, Lord-ftr. Merritt & Wright, T. & J. Brofter, Bookfellers, Cais, Druggist London, Mathews, 18, Strand, Dicey & Co. Bow Church Yd. Tutt, Royal Exchange Leicester, Gregory, Swinfen, Combe Lancaster, Carruthers, Walmsley Leominster, Harris, Barrow Lewes, Lee, Pitt Lincoln, R. and C. Drummond, Brook Litchfield, Morgan Loughborough, Adams Louth, Sheardown and Son, Tackfon Lynn, Hedly, Gales, Pygge Ludlow, Griffith Launceston, Martin, Manning Llandovery, Rees Leck, Challinor, Lowe Lymington, Jones, Wickendon Leith, Cooke

Lutterworth, Wood Lowestoff, Newson Langholm, Irving Linton, Pitt Lyme, Hutchings Lifkeard, Wadge Manchester, Staines, Harrop, Hargreaves, Boden Bayley Morpeth, Wilkinson Monmouth, Tudor, Heath Marlborough, Harold Mansfield, Sheppard, Ofcroft, Drakard, Robinson Malton, Horfley, Flower Malden, Carter Maidstone, Blake, Walker Margate, Rowe, Hoile, Silver Montrose, Paton Madeley, Miller Melksham, Bourne, Hoare Maidenhead, Bimell Malmfbury, Grimm, Lea ton, Sutton, Dunn & Biggs Newcastle upon Tyne, Brown, Pocklington, Brown Walker, Whitfield, Humble Perth, Johnson & Biffet Norwich, Bacon, Stevenson & Pontefract, Lindleys Co. Newport, (Isle of Wight) Albin, Padstow, Dungey Waterworth Nantwich, Snelfon, Craig Northampton, Marshall, Dicey Rochester, Etherington and Co. Edge Newark, S. & J. Ridge, Holt Rotheram, Wilson & Hage, Neath, Evan, Rees Newbury, Fuller, Atlee Newport, (Salop), Brown Northallerton, Langdale Northwich, Maddock

Newcastle, (Staffordsh.) Chester Northleach, Eccles Newport Pagnel, Barringer New-York, R. Bach Newton Bushell, Sweeting Nuneaton, Kirkby Northwould, Slade Lynch, Thomson, Atkinson, Oxford, Pasco, Merrick, Jones Ormskirk, Cocker Macclesfield, Coates, Hadfield, Ofwestry, Salter, Caink, Edwards, Williams Oakhampton, Bazley Penrith, Soulby Portsea, J. and W. Buckland, Woodward Portfmouth, Donaldson, Belam, Mottley, Knapp Plymouth, Hayden, Barnikel, Richards, Nettleton, Patey Plymouth Dock, Hoxland, Cock Peterborough, Jacob Poole, Moore Preston, Serjent, Addison Petersfield, Emes, Richardson Nottingham, Burbage & Stret-Penzance, Hewitt, Trembath, Bullock, Harvey, Fisher Pontypool, Beadles Reading, Smart & Couflade Rugby, Rowell Rippon, Farrar Rochdale, Greenlees, Hartley Rumfay, Hollis Ruthyn, Roberts Rye, Meryon Rugeley, Moxon Ramigate, Burgels, Witherden

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Retford, Peart Rois, Roberts Rickmanfworth, Plastow, Purfell Rochford, Wade Richmond, Craggs Sheffield, Pierson, Gales, Rid-Sutton, Prior gard and Bennet, Jennings Stamford, Newcomb, Drakard Stafford, Drewry, Morgan Shrewfbury, Wood, Eddowes, Sandford Sherborne, Goadby & Co. Crutwell, Hodges, Penny Saxmundham, Knight Southampton, Baker, Skelton Salifbury, Collins Shaftfbury, Adams Saffron Walden, Paine Stourbridge, West, Rollaston Shepton-mallet, Carey, Stone Stockton, Christopher & Jennet Towcester, Wilcox Spalding, Albin, Wilcockson Southwell, Croft Sunderland, B. Bray Swaff ham, Sudbury Sandwich, Cocking and Son Shifnal, Scarrot, Field Stockport, J. Clarke Scarborough, Thurlwell, Bayley Tenby, Gower Stokefley, Duck. Sleaford, Obbinson Stratford on Avon, Keating, Walford Stone, Chew Sedgefield, Hart Skipton, Newton Somerton, Burrough Southmolton, Huxtable, Dee St. Neots, Sharp Swansea, Olivant, Allen Spilfby, Hoff St. Ives, Croft

St. Austell, N. Carbis, Higman St. Albans, Hull, Evans Sudbury, Burkett Sodbury, White, Burton Sevenoaks, Clout Stroud, Jenner Stockbridge, Corfe Sittingbourn, Senior South Creak, White Staines, Gubbins Shields, (South) Bell Shields, (North), Appleby, Barnes Selby, Milne, Adams Stowmarket, King Settle, Troughton Taunton, Norris, Joggett, Poole Truro, Tregoning and Philp, Thomas, Buckland, Mudge, Harry Tiverton, Quick, Boyce Tamworth, Baker Totness, Cleave and Fisher, Cornish, Lathy Tadcaster, Bell Trowbridge, Turner, Miller, Long Tunbridge, Sprange, Cox Tewkeibury, Dyde Tidfwell, Bramwell Tavistock, Row Tetbury, Wilson Twickenham, Mortimer Tunbridge-Wells, Knight Torrington, R. Tapley Uttoxeter, Woolrich, Bladon Uppingham, Cook Ulverstone, Soulby. Uxbridge, Lake, Mountfey Worcester, Tymbs, Holl

Wakefield, Meggit, Hurst, Wood Walfall, Milward Whitehaven, Ware, Albin Weymouth, Wood, Thorn, Harvey Warwick, Sharpe, Perry, Ayers Winchester, Robins, Buckney, Winster, Woolley Blagden, Long Wigan, Lyon, Simcock Wrexham, Tye, Taylor, Painter Wycombe, Eedes Wellingborough, Sanderson and Wareham, Wright Warminster, Brodribb Wells, Evill Warrington, Banks, Eyres Whitchurch, (Salop), Wright Whitby, Yeoman, Hunter Woodbridge, Loder Wisbeach, White Wirkfworth, Taylor

Windfor, Blakeney Workington, Lewthwaite Wotton under Edge, Bence Wellington, (Salop), Houlston, Walmfley Wolverhampton, Simpson, Altree Welfhpool, Evans Ware, Newman Wallingford, E. Button Woolwich, Michel Wakering, Catlin. Whittlefea, Plumer Wigton, Hudson York, Wilson, Spence and Co. Blanchard, Teffeyman, Peck Yarmouth, Ward Yeoville, King



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# **OBSERVATIONS**

ON THE

Use & Abuse

OF

COLD BATHING.

## OBSERVATIONS

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Use & Abuse

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COLD BATHING



# OBSERVATIONS

ON THE

# Use & Abuse

OF

# COLD BATHING.

The present fashion, which prevails among all ranks and conditions of people, of assembling in crowds all the summer long, at watering places to bathe, by which custom a number of individuals are every revolving year suddenly taken off, by cramps and spasms upon the obstructed viscera; it surely becomes extremely proper that some necessary preparation should be seriously attended to, before we hastily and inconsiderately plunge into the Sea.

Immersion in cold water is undoubtedly a custom which lays claim to the most remote antiquity; indeed it must have been coeval with man himself. The necessity of water for the purposes of cleanliness, and the pleasure arising from its application to the body in hot countries, must very early have recommended it to the human species. Even the example of other animals was sufficient to give the hint to man. By instinct many of them are led to apply cold water in this manner; and some, when deprived of its use, have been known to languish, and even to die.-But whether the practice of cold bathing arose from necessity, reasoning, or imitation, is an enquiry of no importance; the most material business is to point out the advantages which may be derived from it, and to guard people from an unprepared and too hasty a use of it.

The cold bath recommends itself in a variety of cases; and is peculiarly beneficial to the inhabitants of populous cities, who indulge in voluptiousness, and lead sedentary lives. In persons of this description the action of the solids is always too weak, which induces a languid circulation, a crude indegested mass of humours, and obstruction in the capillary vessels and glandular system. Cold water, from its gravity as well as its tonic power, is well calculated either to obviate or remove these symptoms. It accelerates the motion of the blood, promotes the different secretions, and gives permanent vigour to the solids. These important purposes

are always most essentially answered by sea-bathing; for salt water ought to be preferred, not only on account of its superior gravity, but likewise for its greater power of stimulating the skin, which promotes the perspiration, and prevents the patient from catching cold.

Whatsoever is to be effected by bracing the solids, invigorating their vibrations, and accelerating the motion of the blood, is with certainty to be obtained from the judicious use of the Cold Bath.

All diseases from a sizy blood and a lentor in the animal juices, if the elasticity of the vessels is not worn out with age or debauches, will find relief from the Cold Bath, as Rheumatisms of the most obstinate kind, hypochondrical affections, and debility from a too indulgent and inactive way of life. Whatsoever inconveniences likewise proceed from a bad transpiration, or when humours are thrown upon the surface, which cannot get through, but ulcerate, blotch and deform the skin, this remedy will be of service in. For upon immersion the whole nervous system is so shook, that the very capillaries feel the influence, and the minutest passages are forced open by an increased velocity of the circulating fluids, whereby the skin will be cleared, and instead of entertaining gross acrimonious humours, transmit only the imperceptible matter of perspiration.

It is necessary, however, to observe, that cold bathing is more likely to prevent, than to remove obstructions of the glandular or lymphatic system. Indeed, when these have arrived at a certain pitch, they are not to be easily removed by any means. In this case the cold bath will only tend to aggravate the symptoms, and hurry the unhappy patient into an untimely grave. It is therefore of the utmost importance, previous to the patient's entering upon the use of the cold bath, to determine whether or not he labours under any obstinate obstructions of the lungs or other viscera; and where this is the case, cold bathing ought strictly to be prohibited, until the passage of the lungs be cleansed and opened, and every symptom of inflammation entirely removed.

Very fat or corpulent persons should avoid the cold bath, for their fibres are so stuffed round, and as it were bolstered up, that they have no room to vibrate or contract, with the sudden squeeze of the bath; instead therefore of enforcing their springs and shaking off any unnecessary incumbrances, they will only be strained to no purpose, and consequently weakened; for wheresoever an effort is made to remove any thing by an elastic body, if the first exertion fails, every impetus afterwards languishes, and the spring is spoiled.

In what is called a plethoric state, or too great a fulness of the body, it is likewise dangerous to use the cold bath, without due preparation. In this case there is great danger of bursting a bloodvessel, or occasioning an inflammation of the brain, or some of the viscera. This precaution is more essentially necessary to those who live high, and are of a gross habit. Yet it is very remarkable that these are the people who resort with the greatest ardour to the sea-side, and plunge into the water without the least consideration. No doubt they often escape without injury; but so many are instantaneously carried off by a cramp, apoplexy, &c. that no sanction can be given to the practice. On the contrary, no person ought to bathe, until the body has been previously prepared by some active stimulus on the blood and bowels.

- Another class of patients who stand peculiarly in need of the bracing qualities of cold water, is the nervous. This includes a great number of the male, and almost all the female inhabitants of great Yet even these persons ought to be cautious in using the cold bath. Nervous people have often weak bowels, and may, as well as others, be subject to congestions and obstructions of the viscera; and in this case they will not be able to bear the effects of the cold water. For them, therefore, and indeed for all delicate people, the best plan would be to accustom themselves to its use by the most pleasing and gentle degrees. They ought to begin at the warmest season, and gradually use it as the cold increases, till at length the coldest will prove quite agrecable. Nature revolts against all sudden transitions! and those who do violence to her dictates, have often cause to repent of their temerity.

To young people, and particularly to children, cold bathing is of the last importance. Their lax fibres render its tonic powers peculiarly proper. It promotes their growth, increases their strength, and prevents a variety of diseases incident to childhood. Were infants early accustomed to the cold bath, it would seldom disagree with them; and we should see fewer instances of the scrofula, rickets, and other diseases, which prove fatal to many, and make others miserable for life. Sometimes, indeed, these disorders render infants incapable of bearing the shock of cold water; but this is owing to their not having been early and regularly accustomed to it. It is however necessary here to caution young men against too frequent bathing; as I have known many fatal consequences result from the daily practice of plunging into rivers and continuing there too long.

I would particularly recommend the use of the cold bath to all persons of a debilitated constitution and a relaxed fibre; for weakness of the back and reins, scrofula, swellings, and relaxation of the joints, and all nervous affections. For the sedentary and studious I would likewise recommend the same practice; as it will in some measure supply the place of exercise, and give tone and vigour to the muscular system; for there is not, perhaps, in the whole compass of the Materia Medica, a more powerful bracer than the cold bath. Yet its use ought to be adopted with the utmost precaution, and not before

the circulating mass has undergone a salutary preparation.

The most proper time of day for bathing is, no doubt, the morning, or at least before dinner; and the best mode, that of quick immersion. As cold bathing has a constant tendency to propel the blood and other humours towards the head, it ought to be a rule always to wet that part first, or as soon as possible. By due attention to this circumstance, there is reason to believe, that violent head-achs, and other complaints, which frequently proceed from cold bathing, might be often prevented.

The cold bath, when too long continued in, not only occasions an excessive flux of humours towards the head, but chills the blood, cramps the muscles, relaxes the nerves, and wholly defeats the intention of bathing. Hence, by not adverting to this circumstance, expert swimmers are often injured, and sometimes lose their lives before any assistance can be given. All the beneficial purposes of cold bathing are answered by one single immersion; and the person ought to be rubbed dry the moment he comes out of the water, and should continue to take exercise for some time after.

It must be allowed by every physiologist, by every pretender to medical experience, that the principal preparation necessary for sea-bathing is, to be careful that the veins, arteries, nerves, and vessels of the whole body are completely open, or at least are free from any absolute obstruction. The action of

that the blood, and all the animal juices, are propelled with such astonishing rapidity through the body, that should an obstruction in the vessels suddenly check their progress, a vein bursts, cramp ensues, or convulsive spasms seize the vital parts, and either sudden death, or a dangerous disease, is the natural consequence.

From the experiments I have had such frequent opportunities to make, in Liverpool, Margate, Southampton and Scarborough, I am warranted in recommending the Cordial Balm of Gilead, as the most safe and most effectual medium, by which the vessels of the human body can be perfectly and completely prepared to sustain that severe shock the whole system is made to undergo, by sudden immersion in the cold bath. If it be taken night and morning, in the quantity of a large table-spoonful in a wine-glass of cold spring water, for only one week before the cold bath is used, every obstruction of the vessels will be timely removed; the viscera and vital organs will be strengthened and cleansed; the bowels will be gently lubricated and opened, and the whole body will be found in a state that will become quickly susceptible of the benefits of sea-bathing; and of which those who have attentively perused the foregoing cases, or after a single trial of the medicine will consult their own feelings, they will very soon be convinced. Nervous and weakly persons should bathe only every other day, and in some cases only

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twice a week, and take the Cordial Balm of Gilead every night and morning, or three or four times a-day. Those who bathe every morning, ought to take a dose of the medicine every evening. One single bottle will quickly prove its efficacy, and establish it as a cordial companion to the bathing

When cold bathing occasions chilliness, loss of appetite, listlessness, pain of the breast or bowels, a prostration of strength, or violent head-achs, it ought to be discontinued.

places.

THE END.

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